

Spring 2020

# 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

## Hamline Midway Elders remains open and available to help our community

While our in-person events and classes are cancelled, we are still here to help area seniors with essential medical rides, grocery and food deliveries, yard help, friendly phone calls, online classes and groups, and support! Please do not hesitate to call our office or email with any assistance or referral you may need. We are looking forward to resuming our luncheons and activities as soon as we are able. We miss you!

### For those wanting to help

We have had several inquiries from *wonderful community members* wanting to help older adults during this time, and we are so grateful for these connections!



- We are always looking for volunteers to help with grocery shopping and providing essential medical rides. Please contact [Monica@hmelders.org](mailto:Monica@hmelders.org), 651-209-6542, for information and to apply
- Yard work is a wonderful and no-contact way to help seniors live well at home!
- Our organization, like many others, may need to cancel events and fundraisers that we rely on to continue our services. We are grateful for any donations, which can be mailed or given online at [givemn.org](http://givemn.org)
- Reach out to your older neighbors: check in and see if they have any needs, or just phone to say hello!



All over the globe, people are trying new technologies to connect and stay in touch with loved ones, community and work. Many of us are struggling to figure out how to use these apps and programs, and many are pulling out old iPads or laptops they meant to figure out, but never got around to!

**CyberSeniors** is a wonderful organization that pairs high-school/college-aged mentors with older adults who would like assistance with their tech. This is a GREAT way to learn how to use Zoom (video calling), order groceries safely online, listen to music online, and more. Visit their website at [www.cyberseniors.org](http://www.cyberseniors.org) to schedule a FREE session, to watch a 'Zoom for Beginners' video, or to join a practice Zoom meeting. You can also call **1-844-217-3057** for one-on-one help.

## Memories (part 2 of 6) - originally written in 2009 by the Baileys



On the SE corner of Albert, at 1398 Edmund was Cournoyer's, another corner store. The owner had cats running around in her store. One time my brother had to use the bathroom and it was in the basement. When he went down there he found large metal signs that said Lucky Strike Green has gone off to war. There were about 30-40 of them. Another time the owner asked my brother if he had seen her son's car and when he said no, she took him to the garage, opened it and under a tarp was a 1940 Chevrolet. She said her son had bought it brand new and she was holding it for him until he came back so my

brother asked her when he was coming back and she said he went off to war and he was buried in Belgium. He asked her if she wanted him to get rid of the car and she said, "No, I told my son I'd hold on to it until he came back."

As we go one block further we come to 569 Pascal. This was home to The Quality Dairy Store that dated back to the 1920's. I don't remember our ever shopping there as we had a store only one block from our house.



We now head north 2 blocks to Lafond and east to Albert where we come to Wilson High School, I was looking forward to going to Wilson. Both of my older brothers had graduated from there and practically everyone in our eighth grade class from Galtier would be there too. Well, we were there for two years and then they changed Wilson back to a Junior High. It had been a Junior High School before World War II and they changed it to a high school. Now they were changing

it back again and we would have to go to Central High School for the remaining two years. I was mad. I didn't want to learn a new school song and have new school colors and I didn't want to cheer for a team who were arch-rivals for many years. But we had to go and Central was so large. Certain staircases were up only and others were down to accommodate all the kids. Our class was one of the largest ever graduated so they used the downtown auditorium and had to call us up two by two so it didn't last hours and hours. It sure didn't have the charm of Wilson.

The building at 1340 Thomas, at the SW corner of Hamline, and its neighboring stores have gone through some changes and been home to a wide variety of businesses over the years.



Cecil's Fruit Stand used to be in another building that was attached to the west side of the 2 story building that is currently there. It was a one story building with no basement. You can see where the building was by the patterns on the sidewalk and you could also see it on the side of the building until it was covered over by a mural in 2009. To the west of Cecil's was a small empty lot. When Cecil's was torn down, they expanded the lot next door to full size, incorporating Cecil's land, and moved a house onto it from the

Northern Pacific Hospital area which, by that time, had become Good Samaritan Hospital.

# Our HME Community: How are we doing?

Stay-at-home orders have changed our lives dramatically – are you wondering how your friends and community members are doing? We asked! How are you coping, and what are you most looking forward to when HME activities resume?

**Judy, Knitting Group Leader:** “In addition to setting up knitting Zoom meetings, I have set up Zoom meetings for a neighborhood potluck group and a weekly meeting with my siblings. So I am almost as busy as I was before. The volunteer data entry I was doing I can actually do from home. I am trying to get out regularly for a walk for myself, in addition to the regular dog walks. I am looking forward to our knitting group, and Erik’s meals!”

**Teddi, HME Board member:** “We are playing more games. Church does daily devotionals, which we listen to together each evening. We also share a good thing about the day at dinner. I've done a lot of knitting and reading. I haven't been able to get Zoom, but I do call and send notes to family and friends. Sometimes I sit on the front porch steps and visit with people walking by. We also have experimented with lots of new recipes. I'm really looking forward to being able to hug again and not being afraid to go out. I definitely miss our knitting group.”

**John, HME Volunteer:** “I am still volunteering (with protective gear and social distancing, of course), by bringing communion to share. Someone emailed me about YouTube, and I love to listen to jazz music and biographies. I also love taking walks. I am looking forward to luncheons at HME!”

**Laurel, HME Program Director:** “I am busy with my kids who are now home every day, but I take daily walks and listen to a podcast. I also like to have Zoom happy hours with my parents and sisters. I am most looking forward to the Ice Cream Social when HME activities start back.”

**Stacy, HME Independent Living Coach:** “I’ve been watching my church on Sundays with my husband, playing my favorite gospel artist and singing along loudly, and talking to my family over our group chat! I turned my office desk towards the window so I can look at the beautiful view that I have! What I am looking forward to is running errands for the seniors or taking them out to the bank, grocery store or just for a car ride to get some fresh air! I also miss the luncheons!”

**Tom, HME Program Director:** “I'm probably watching more TV than I should - but on the positive I'm walking more, making my goal of 7,500 steps or a little over 3 miles almost every day. I am looking forward to our first monthly luncheon back at Hamline Church and seeing many happy elders enjoying Chef Erik's tasty meal and being able to engage face to face with wonderful people I miss seeing.”



# THANK YOU to our many 2019 Supporters!!!

**Hamline Midway Elders would like to thank everyone who supported our program in 2019 This includes individuals, groups & businesses who made financial contributions, volunteered their time, donated silent auction items, or helped us in a variety of other ways—all with the goal of serving and supporting older adults in our service area.**

AARP – Minnesota	Thomas Darling	Carol & Lowell Hansen – in honor of Eudora Post
Marjorie Abas – in memory of Murrie Abas	Bill Davies	Beth Reedy Hanson
Grace Abraham	Ed DeCelle	Hardenbergh Foundation
Susan Alcala	Liz DeLay	Nancy Hasse
Stephanie & Jeremy Alden	Hazel Dicken	Bernice Hauer
Allina Health	Stephanie Digby	Jody Hauer
Elmer L & Eleanor J Andersen Foundation	Mary Dittrich	Shelly Hawkins
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David & Virginia Anderson	Mary Kay Dooley	Nancy Hayter
Greg Anderson	Nancy Drapinski	Kale Hedstrom
McKenna Anderson	Christine & Frank Dreisbach	Elizabeth Heeren
Anonymous—There were many individuals who contributed to our program but who wish to remain anonymous.	Georgia Duncan	Bill Heint
Elaine Rush Arruda	Barbara Edgar	Janet Heirigs
Jerry Artz	Ray Edwards Memorial Trust	Robin Hemenway – in honor of Robert Hemenway
Ann Audette	Elizabeth Ellis	Erik, Jill & Dorothy Hendrickson
Steve & Nancy Bailey	Dolores Engle—in memory of Josianne & Bob Reinhardt	Highland Block Nurse Program
Carolyn Bauer – in memory of Juanita Gregory	Barb & Joe Fehrman	Lowell Hill
Patricia Bauer & David Geister	Buddy Ferrari	Frances Hillier
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Walter & Jacqueline Blue	Sharon Gagner	Carol Holt
BNSF Railway Foundation	Mary Gallagher	Yue Huang
June Borowski	Monica Gallagher	Jody Huber
Philip Bradley	Nancy Gammel	Janet Huberty – in memory of Jim Huberty
Otto Bremer Trust	Judy Gibson	Linda Hucke
Virginia Brill	Nancy Giguere & Bruce Tyler	Cheryl Hunter
Paul & Triesta Brown	Margaret Gilbert	Terry Irish
James Bruener	Metric Giles	Bruce Iverson
Therese Buckley	Ginkgo Coffeehouse	Jen Jackson
Geraldine Burja	Clifford Goltz	Sandy Jacobs
Burning Brothers Brewery	Gloria Grayum	Colleen Jameson
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Lynn Byrne	Kathleen Green	Dorothy Jefferson
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Kathy Carlson – in memory of Willard & Lillian Carlson	Greening Frogtown	Kim Johnson
Miriam & Richard Carter	Liz Gretz – in memory of Lawrence Gretz	Patricia Johnson
Dolly Coleman – in memory of Dolly Milligan	Groundswell Coffee	Sheri Johnson
Jocelyn Collins	Tom Gullett – in memory of Inge Knoop	John & Sharon Juen
Laurel Collins & Wayne Axelson	Eva Jane Hamann—in memory of Rose Hamann	Jason Kemp
Community Shares	Half Price Books	Sarah Kern
Community Stabilization Project	Hamline Church United Methodist	Michael Kestner
Jonathan Cook	Hamline Elementary School	Mark Kile
Virginia & Laszlo Csernohorszky	Hamline Midway Coalition	Karen Klemond
Cyber Seniors	Hamline Midway Library	Mary Knatterud
Alma Dancer	Hamline University	Mary Lou Knipe – in honor of Harriet Mednick
	Hamline University Student Athletes	Anita Kore
	Handi Medical	Doris Kohler-Reinoso
		Audrey Kraus – in memory of Ted Striny

Sharon & Bernadette Kremer  
Joseph Kryjeski  
LaRayne Kuehl  
Laurel L'Allier  
Pearl Larkin  
Doug Larson – in memory of Nellie Smith  
Bernie Lawson  
Barbara & Rolfe Leary  
Radian Lenz  
Patricia Leonard – in memory of Nellie Smith  
Diane Levendusky  
John & Anne Levin  
Linda Littrell  
Living at Home Network  
Lloyd's Pharmacy  
Christine Loweth  
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Ronan Magnus  
Katie Marcotte  
Denny Marquardt  
Mary Martin  
Joann Mason  
Willy Mathis  
Wanda & Lynda Mathison – in memory of Donna  
Appelhans  
Susan McCauley-Smith  
Jane McClure  
McDowell Agency  
Jane McEvoy  
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Viola Mikel  
Minneapolis Foundation  
Minnesota Department of Human Services  
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Steve Moe  
Mr. Michael Recycles Bicycles  
Andy Montgomery  
Sue & Bob Murphy  
Owen Murray  
Terry Naseth – in memory of Mavis Naseth  
Lois Nedoroski – in memory of Ann Marie Sovis  
June & Pam Nelson  
Kathy Nelson  
John Nestaval – in memory of Phyllis & Harold  
Nestaval  
Alex Nord

North Suburban Chorus  
Colleen Novak  
Joan & Mike Och  
Joni O'Connell & Gerry Flood  
Barbara O'Connor  
Patricia Ohmans  
Diane Olin  
JoAnn Olsen – in memory of Nellie Smith  
Carol Olson  
Kenneth Olson  
Grace Onsgard  
Jonathan Oppenheimer  
Optum  
O'Shea Irish Dancers  
Jay & Shaaron Overbaugh  
Maxine Overvig  
Otto Paier  
Erin Parrish  
Larry Paulson  
Lanie Paymar & Curt Sward  
Joanna Perry  
Peak Printing  
Marjorie Pearson  
Kenneth Peterson  
Bobbie Pinkosh – in memory of Bob & Mother  
Claire Press  
John Purvis  
Mary Quirk  
Jim Ramisch  
Ramsey County  
Recover Health  
Donald & Bonnie Reeder  
Brad Reigstad  
Family of Josiane Reinhardt  
Alexandra Ritschel  
Donna Ritzi  
Shelley & Michael Robshaw  
Roseville Area Senior Program  
Carol Rossi – in memory of Doris Baker  
Helen Rush  
Margaret Rush  
Saint Joan of Arc Church  
Saint Paul Police Department  
Carol Sanders  
Tony Schmitz  
Teresa Schulte  
Amy Schultz  
Ivy Sendrijas  
Cheri LeMay Sheehan  
Larry Sheehan  
Hans, Mae & Nadia Simons  
Daisy Sipprell  
Nellie Smith  
Sue Snyder  
Mary "Kiki" Sonnen  
SPROUT Garden  
Shirley Starner – in memory of LeRoy Starner  
Julie Stegman

Bonita Steppa  
RJ Stevens  
Stevens Square Foundation  
Thomas Stieger  
Joyce Stigman  
Patricia Strathman  
Mary Street  
Studio Distilling  
Sundin Music Hall (Hamline University)  
Virginia Swanson  
Takin' Care of Business  
Tamarack Technologies  
Gino Terrell  
Bonnie Thomas  
Tom Thomas  
Thrivent Financial  
Paul & Ann Toftness  
Mariah Furness Tollgaard  
Jeffery Towne  
Tom Trapp – in memory of Mrs. Quimby & Mrs.  
Krenik  
Travelers Community Connections  
Marjorie Ullerich  
University of Minnesota  
Cynthia Unowsky  
Urban Growler Brewing  
Masako Usui  
Judie Valerius – in memory of Dorothy Valerius  
Peter Vallerius  
Kristin Verhoeven  
Silvester Vivic  
Vital Aging Network  
Lydia Volz  
Pop Wagner  
Bill & Shirley Wald  
Jean Walstad – in memory of Nellie Smith  
Tim Walstrom  
Benita Wams  
Bridget Waterman  
Wilder Aging Services  
Win Weld  
Robin White  
Leslie White-Kayser – in memory of Irene & Manfred  
Rasmusson  
Sue & Jim Widerski  
Elaine Willis  
Jim Wimmer  
Mary Winnett  
Steve Wolf  
Mary Lou Wolsey – in honor of Alice Meppen  
YMCA  
Valerie Yarbrough  
YouthWorks  
Zion Lutheran Church

**We sincerely apologize if we have omitted any supporters or misspelled any names. Please contact us if that is the case.**

# Spring Classes & Groups

Our regular classes and groups are not taking place in person at this time, although many are meeting online. Please email [Laurel@hmelders.org](mailto:Laurel@hmelders.org) for details and links to the meetings. Check our website for updated class information!

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## Knitting & Crochet Group

ONLINE Mondays, 1:00,  
ongoing

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## Tai Chi for Stress Relief with Bruce

ONLINE Mondays, 11:00

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## Chair Yoga with Nancy

ONLINE Tuesdays & Thursdays  
10:30—11:00  
Through May 28



## Resources and Reminders

- **Meals/Groceries:** Many grocery stores offer special hours for seniors to shop. Food shelves, Ramsey Cty Sheriff and Metro Mobility are offering food delivery. Call HME for details.
  - Zion Lutheran Church serves to-go meals and a bag of groceries on Thursdays from 12:15-2:00. Delivery may be arranged for seniors in our service area.
  - Midway YMCA offers a free meal package for four, 12 - 1pm Monday through Friday. Also, lunch bags with a sandwich, snacks and fruit are available.  
[www.ymcamn.org/food-distribution](http://www.ymcamn.org/food-distribution)
- **2019 Tax Return** Filing Deadline has been extended to July 15, 2020.
- **Economic Impact (Stimulus) Payments** were sent to many Americans. If you have questions or need help to check the status with the IRS, please contact our office.
- **St. Paul Public Libraries** are offering curbside pick up at five locations, as well as digital books and other online resources. More at [sppl.org](http://sppl.org).
- **Yard/Raking Help** is available for older adults in our service area (as volunteers are available), and **YouthWorks** volunteer groups are scheduled to be here in the late summer for home tasks like window washing or simple painting. Please call our office for details.
- **SPROUT garden and produce delivery** program has been cancelled for this year. If you are in need of fresh produce, call our office to assist with deliveries.

# We Need Your Help: Respond to the Census



A reminder to respond to the 2020 census that was mailed to you back in March. Expect the census to look different than in the past as this is the first census with an option to respond electronically.

Most people in the Twin Cities Metro will not initially receive a paper census form. The mailing that you receive will give instructions for responding to the census online or via phone. If you do not easily have access to respond online, you can follow the instructions to respond by phone. If you did not respond by April, you should have received a paper form to mail in.

Responses to the 2020 Census will influence funding in our community for services that help every generation. It is especially important to get a complete count of people 65 + as that affects funding for services to help people stay living at home. Missing just one person in the census will result in loss of over \$27,000 of federal funding to Minnesota over the 10 years until the next census.

**Hamline Midway Elders Service**  
Area includes the Hamline-  
Midway and western Frogtown  
neighborhoods.



Meals on Wheels in our neighborhood is provided through Keystone Community services. Meals can be fresh, frozen, or hot; delivered one or several days at a time; vegetarian, low sodium, low fat, diabetic, kosher, pureed, gluten free and lactose free. Open to all ages, short-term or long-term.

Meals on Wheels can be a great help to people who need easy and healthy meals for a variety of reasons, for example, recovering from surgery or illness. Sometimes people with memory or attention issues don't eat well independently, but a fresh meal arriving at the door can be a good reminder to eat.

For more information, visit  
<https://keystoneservices.org/seniors/meals-on-wheels/>

Or call Monica at 651-209-6542, or Keystone at 651-645-7424.



### **Hamline Midway Elders**

1514 Englewood Ave.

St. Paul, MN 55104

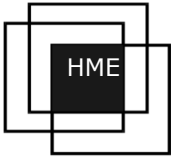
651-209-6542

[www.hmolders.org](http://www.hmolders.org)    [info@hmolders.org](mailto:info@hmolders.org)

Monica Gallagher, Service Director

Tom Fitzpatrick, Program Director

Laurel Collins, Program Director



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St. Paul, MN 55104

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Helping seniors live well  
at home since 2001

## Hamline Midway Elders Wish List

- Yarn for our knitting & crochet group
- Volunteers to provide no-contact yard help for seniors
- Volunteers for lunch and food deliveries
- Handy person for volunteer or paid jobs
- Lawn service contractors willing to provide references and background check, for our referral list
- Gently used books for Green Books giveaways

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)