

Spring 2021

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

20 Years of HME

20 Ways Volunteers Have Served HME, in honor of our 20th birthday!

1. Phoning
2. Driving
3. Shopping
4. Dog walking for an elder
5. Hauling junk away
6. Raking leaves
7. Teaching exercise
8. Greeting at events
9. Serving on our Board
10. Fact Checking our Resource List
11. Entering Data
12. Shoveling snow
13. Weeding a flowerbed
14. Painting trim
15. Cleaning a garage
16. Fixing a sink
17. Delivering holiday gifts
18. Serving ice cream at our annual social
19. Singing at luncheons
20. Mowing a lawn

See pages 3 & 7 for more HME Volunteers!

At right: Volunteer Wayne Axelson delivering Gifts for Seniors



We Love Volunteers

Bingo & Ice Cream

The Annual Ice Cream Social has been a tradition at HME for nearly 20 years.

Although the Covid pandemic has required some alterations, we are offering a fun and safe event in June.

Join us on Thursday, June 10, 6:00 – 7:00pm. Drive-in, stay in your car and relax - we'll pass out tasty ice cream treats and play a few games of bingo. Honk when you have Bingo!

Limited space available - reservations required: call 651-209-6542 or email laurel@hmelders.org to reserve a spot.



In-Person Update

Some have asked when we will be able to resume in-person classes and events. We are in close contact with the Living at Home Network, and following guidelines from the MN Department of Health regarding group gatherings. Any changes or new events or classes will be on our website, Facebook page, and in our monthly e-newsletter. If you haven't signed up for the monthly e-newsletter, and would like to receive it, please email laurel@hmelders.org

Memories (part 5 of 6) – originally written in 2009

by the Baileys



On the SE corner of Griggs, at 1216-18 Thomas was Janssen's which occupied the entire building. They were full service grocer with a meat counter against the south wall and offered free delivery up until the very end. They had the best penny candy selection and would split your popsicles for you on the counter. My friend's family had a tab going with them and they would just add to it by hand on their sheet. We always paid in cash but usually only got bread or milk if we ran out. My mother would send me to the store and any pennies left over I got to spend. Of course, choosing the candy took more time than choosing the bread. Lunch bars, sevenUp bars, Nik-L-Nips, wax lips, Pixy Sticks or Janssen's was there from the 1930's through the 90's. It then became Don's Foods & Meats in 2000 before being split into CMX Sausages and Mona's. Mona's then became an African food specialty store in 2005. That became Old's Gold, an antique consignment shop in 2006. You can still see the Janssen's sign painted on the east side of the building.



Between Thomas and Lafond on the east side, at 612 Griggs, was Barnick's and later Landy's, a small grocery store. It was open 7 days a week and stayed open until 10:00 at night, much later than the other corner stores, and had things like squirt guns, comic books, cap pistols and kites, as well as penny candy.

The store on the SE corner of Dunlap and Thomas was Baltes - now A Corner On Health. My brother, who is 7 years older than I said when he was young, you could bring a note saying you were buying cigarettes for your mother or father and he would sell them to you. When I was in my early teens, you could just stop in and he would sell you cigarettes, no questions asked. All the kids in the neighborhood knew it and you would usually only stop in there for that. Everything else you could get at other corner stores but those other corner stores wouldn't sell you cigarettes.



Next we go south 3 blocks to the NW corner of Sherburne and Dunlap. This was Schroeders, a small corner store.

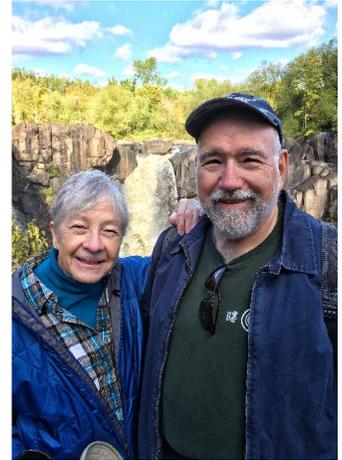
Going one block west on Sherburne to Griggs we come to a very interesting piece of history. When Nancy was young, her grandmother would tell her that this area was nothing but a big hole in the ground and that all the local residents would dump their trash in it. This did not seem to make sense as there were houses there and she was sure that her grandmother was wrong and that it must have been near Lexington & University where some great depressions still exist. While doing our research we came across a series of articles in the Hamline Tribune and he wrote about this dump a number of times through the years, and talked about how some kids were taking cans from there and leaving them on peoples lawns. In an article from July 19, 1929, they stated, "What was a dump along Griggs Street between Charles and Sherburne, just a few months ago may now be classed as a more valuable form of real estate. A sign advertising valuable building lots for sale was posted there early this week." They go on to say the dirt that was excavated to build Midway Chevrolet will be used to cap off the dump. They also say that new homes are expected to be started there next spring or possibly this fall. Due to the



Great Depression, houses were not actually built there until 1937 and 1938. These homes on the right are a much newer vintage than others in the neighborhood. Kitty corner from this is a little building at 494 Griggs that is the last remaining vestiges of the Consumer Milk Co. that was there from the late 1930's to the middle 50's.

Farewell and best wishes...

Nancy Giguere and Bruce Tyler (pictured at right) have been volunteer instructors for our chair yoga and tai chi classes, transitioning quite seamlessly from in-person classes to online Zoom classes last spring. We are grateful for their time and talent, given to the HME community, and wish them well as they move from St. Paul to be nearer family. Says Nancy, *"It's been a joy to teach this class over the last decade, beginning at Hamline Church United Methodist, then moving to the auditorium at Hamline Midway Library. In 2020, we transitioned to online classes on Zoom."*



Introducing our new class instructors...

Introducing Karen Little

Karen is a registered yoga teacher with experience in adaptive yoga (for people with physical limitations), as well as Pilates and general fitness exercise. She's currently training to be a Level 1 yoga therapist. Karen discovered yoga in her 60s, and she understands what it's like to live in an older body. Her goal is "to help people realize anyone can benefit from yoga at any age, even if you don't have the 'ideal' yoga body (almost no one does, including me), you can't touch your toes, or you have some kind of disability including artificial joints (like me)." In her spare time, Karen loves to travel, read, and spend time with her dog. She used to ride, train, and show horses, but gave that up over 10 years ago when she realized, "I didn't bounce as well when I fell off!"

Spring-Summer Session

Dates: April 13 - July 1

Days: Tuesdays & Thursdays

Time: 10:30 - 11:30

On ZOOM-Join any time



Introducing Carl Wilson

"My Martial Arts journey started back in 1979 with Tai Kwan Do. In 1991 I started my training in Tai Chi for the Arts (Martial Arts). After years of health issues I started focusing on Tai Chi for health. I have been involved with Tai Chi for health for six years. I started instructing Tai Chi for health three years ago.

Through out my professional career, as a school administrator, and my active journey in sports, I have had the opportunities of working with people of all ages. Before the pandemic I substituted for my Tai Chi colleague when needed. These classes were usually mature participants."

Spring-Summer Session

Dates: April 12 – June 7

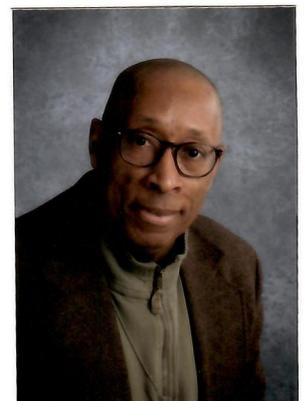
Days: Mondays

Time: 11:00 – 12:00

On ZOOM – Join any time

****Email**

laurel@hmelders.org to register for either class



THANK YOU to our many 2020 Supporters!!!

Hamline Midway Elders would like to thank everyone who supported our program in the challenging year of 2020. This includes individuals, groups & businesses who made financial contributions, volunteered their time, 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	Hamline Church United Methodist
Grace Abraham	Bill Davies	Hamline Elementary School
Mohamed Ahmed	Ed DeCelle	Hamline Midway Coalition
Allina Health	Stephanie Digby	Hamline Midway Library
Elmer L & Eleanor J Andersen Foundation	Mary Dittrich	Carol Hansen
David & Virginia Anderson	Nancy Drapinski	Beth Reedy Hanson
Anonymous—There were many individuals who contributed to our program but who wish to remain anonymous.	Christine & Frank Dreisbach	Hardenbergh Foundation
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David Burtnick	Monica Gallagher	Linda Hucke
Frances Cantrall	Nancy Gammel	Cheryl Hunter
Kathy Carlson	Julie Gebhart	Terry Irish
Miriam & Richard Carter	Linda George	Jen Jackson
Karen Chaput	Judy Gibson	Colleen Jameson
Jocelyn Collins	Nancy Giguere	Dorothy Jefferson
Laurel Collins & Wayne Axelson	Margaret Gilbert	Kim Johnson
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Joseph Cumer	Kathleen Green	John & Sharon Juen
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	Greening Frogtown	Michael Kestner
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	Groundswell Coffee	Mark Kile
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Jim Wimmer
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Susan Wright
Laurie Wrobel
Valerie Yarbrough
Zion Lutheran Church

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

PLANNING TO RETIRE

by Tom Fitzpatrick



After 8 years with Hamline Midway Elders, I've decided to retire at the end of August. I'll be turning 70 in September, and my wife Janet (who recently retired) and I want to travel, develop some new hobbies, relax, and live with fewer responsibilities.

This has been the perfect last job for me, as I've been able to learn so much about living well at home from neighborhood elders and the other wonderful folks I've met through my work.

It's been a joy to work with Monica & Laurel as well as all the wonderful volunteers & community partners (too many to list here). I am so grateful for all the relationships I've developed over the years. And when I'm done working here, I plan to come back for various events & possibly even to volunteer.

A search has begun to hire a new staff – the job posting can be found on our web site. Hopefully the new staff will be on board by mid July – which will allow plenty of time for orientation & transition.

Volunteer Profile: Stephanie Digby

- Stephanie has been volunteering since 2003!
- As a volunteer at HME, she has provided cat-sitting services, numerous rides to appointments, organized a classical music concert, delivered garden fresh vegetables to seniors, made a luncheon, and provided companionship for seniors.
- Favorite HME memories: *"The little girls from the Irish Center dancing so well and delightfully (I am NOT Irish); the Minneapolis Institute of Arts field trip; the violin concert."*
- *"What makes HME special is that I frequently think of getting out of St. Paul but do not know where I would find such a supportive helpful group. HME is especially important to me because I don't have a family. You have driven me to innumerable medical appointments when I am not allowed to drive myself; found me volunteers to help with garden (e.g. Jake yesterday who did so much; last fall volunteers who scraped and painted the house's trim -- and found that I needed a lot of repairs) and so many more volunteers"*



We are grateful for Stephanie's years of volunteer service to our community!

Low-Cost Laptops

Thinking about taking the computer-at-home plunge? Hamline Midway Elders is now a partner of PCs for People, a nonprofit making home computers more accessible to those at or below 200% of poverty level (around \$2147/month for a single person). Refurbished laptops sell for about \$200, PCs start at \$75 plus cost of monitor (around \$25), monthly internet (\$15/month through this program), and cost of an internet router (internet device-around \$100).

Unfortunately, we cannot help pay for the computer at this time – but we can help our neighbors 60+ who qualify get a great deal. If you qualify, and want help purchasing a low-cost computer through our partnership with PCs for People, contact Monica Gallagher at 651-209-6542, monica@hmelders.org.

Spring Yard & Home Help

Due to the ongoing pandemic, Youthworks will staff fewer weeks of summer chore help to Hamline Midway Elders. But garages still need paint and yards improved! So we're looking for local volunteers, families, and groups willing to help out a senior's home for April yard clean-up, or summer projects. Contact Monica at monica@hmelders.org or 651-209-6542 to sign up for yard help, or to volunteer with us. If you would like to request yard raking or help with small home projects, get in contact with Monica.

Frogtown Garage Sale

The Friendly Frog Event Committee is having its annual 2021 yard sale.

WHEN: Friday May 7th 2021 8-5pm,
Saturday May 8th 2021 8-2pm.

WHERE: 411 Blair Ave St. Paul MN

Available Items: Crystal, jewelry, household goods, books, clothing, lots of miscellaneous items.

COVID-19 CDC Requirements will be strictly enforced. Remember all profit goes back into the community to help fund activities and events for the seniors, family, caregivers etc.



Reminders:

- We have puzzles available for delivery! Just contact the office
- Knitting & Crochet Group: Every Monday, 1:00 – 3:00



Hamline Midway Elders

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St. Paul, MN 55104

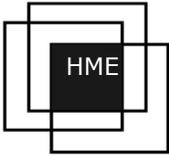
651-209-6542

www.hmelders.org info@hmelders.org

Monica Gallagher, Service Director

Tom Fitzpatrick, Program Director

Laurel Collins, Program Director



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1514 Englewood Avenue
St. Paul, MN 55104

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HME Shout-Out

"I'm so very thankful for your caring and helpful activities that are so important to my well-being. You are the best!"

-Maxine

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www.hmolders.org**

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updates!



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