

Summer 2022

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 Annual Ice Cream Social

Thursday, June 30, 6:00—7:30

Join us on the Greenway at Hamline Church United Methodist for treats, music and fun for all.

Community members of all ages are invited to attend this free event.

In case of rain, this event will be held indoors in the Community Room at the church.

**Root Beer
Floats &
Treats**

**Music by
LaterBirds**

**Fun!
FREE!**



Groundswell Walk & Coffee

Thursday, June
16 at 10:00

Join other HM Elders for a stroll from the church to Groundswell Coffeeshop (about .7 mile) and enjoy pastry and coffee samples on the patio. We will walk back to the church afterwards. A great way to get fresh air, exercise, conversation and delicious treats.



RSVP to laurel@hmelders.org or 651-209-6542. Special thanks to Groundswell for sponsoring this event, and supporting the older adults of our community.

Covid Update from HME

Currently, masks are welcome but optional in the building. Please stay home if you have symptoms of illness. Many of our classes are also available on Zoom, in addition to in-person, and you may participate in that way.

The Covid situation may change quickly, and programs may be cancelled – please check our website or call the office for the most recent information about our programs and events.

More Inside: Return of in-person lunches, groups & classes, a fundraiser dinner, and more!

Restaurant Fundraiser at Smashburger

May 26, 11:00am—9:00pm

Skip making dinner, enjoy at great meal, and help support Hamline Midway Elders!

Buy lunch or dinner at Smashburger Restaurant anytime on May 26 and Hamline Midway Elders will receive 20%!

Besides great burgers, Smashburger has chicken, vegetarian options, salads, malts and shakes, and more. Located at 2100 N. Snelling Ave, Roseville (at the intersection of Snelling & County Rd. B)

Dine in or take out. Restaurant phone: 651-251-0753

Be sure to mention Hamline Midway Elders when you order to ensure our donation

**Dine-in with
HME Staff and
Board
at 5:00!**



Don't miss a thing—keep up with HM Elders

1. NEW Facebook page

Find our NEW Facebook page and follow/like to see pictures of programs we've held, or get updates on upcoming events. The old Facebook page will no longer be updated. Visit www.facebook.com/HamlineMidwayElders today.

2. Email Monthly Newsletter

Do you know that Hamline Midway Elders sends a newsletter each month by email? It includes the latest on events and programs, and other information of interest to older adults in the area. If you would like to receive this, email laurel@hmelders.org. If you think you signed up in the past, but haven't seen it in your inbox, check your junk or spam folders. Often, these newsletters end up there.

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.

Volunteer Gardeners

Wanted

Seniors in the neighborhood are in need of help maintaining their gardens – are you someone with a green thumb who has a couple hours to help out this summer? Contact monica@hmelders.org or 651-209-6542 to volunteer with us.

Yarn donations wanted

Our knitting and crochet group is in need of yarn (especially skeins/balls). Contact laurel@hmelders.org or 651-209-6542 to arrange a drop off or pick up.

Wilder HomeCare services

Would more help at home help you?

Wilder Foundation has reentered the marketplace for private pay homecare services. We at HME think this is great news! Homecare services can be one tool to remain longer in the home you love with good quality of life. Wilder has worked hard to consider the needs of the Living at Home programs and the older neighbors we serve as they have developed their new rates and services. Minimum service times can be as short as one hour at a time!

For more information, contact monica@hmelders.org or 651-209-6542

In-home pedicure/foot care

It's almost sandal-weather! Hamline Midway Elders has a great nail technician for in-home footcare. \$30 for seniors 60+ in the Hamline Midway Elders area. Contact Monica at 651-209-6542 or monica@hmelders.org to be set up with Carol, Certified Nail Technician, to take great care of your feet and toenails at home, including polish (if desired).



Carol, above, giving Maxine a hand massage.

THANK YOU to our many 2021 Supporters!!!

Hamline Midway Elders would like to thank everyone who supported our program in the challenging year of 2021. 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.

Grace Abraham	Tom Fitzpatrick	Jake Kennedy
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* Anonymous- There were many individuals who contributed to our program but who wish to remain anonymous

*Thank
you*

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

Classes and Groups

Jody's Documentary Series

**Last Wednesday of each month, 1:00, Hamline Midway Library
(May 25, June 29, July 27, Aug 31)**

Join film aficionado Jody Huber for a short documentary screening, followed by casual group discussion. Bring your friends and neighbors for this multigenerational event.

This program is offered by Hamline Midway Elders and the St. Paul Public Libraries. Future film descriptions will be posted on our website.

Knitting & Crochet Group

Mondays, 1:00—3:00 at Hamline Church United Methodist & on Zoom, (ongoing)

This group is knitting/crocheting with a purpose – making comfort shawls to be donated to the hospice, blankets for a local child care center, or hats/scarves/mittens for local schools and shelters.

Judy Gibson leads this friendly group of yarn crafters. New members and beginners are always welcome. Yarn is provided.

Tai Chi for Health

continues Mondays at 11:00 until June 6, in-person & on Zoom

Instructor Carl Wilson has years of experience with martial arts and Tai Chi.

Students will practice an easy-to-learn set of Tai Chi movements that can be done both seated and standing. This gentle, flowing exercise fosters mind-body connection and coordination; build strength and flexibility; improves balance and cultivates mental clarity, awareness and calm.

Chair Yoga

continues Thursdays at 10:30 until June 11, in-person & on Zoom

Instructor Karen Little is a certified yoga instructor. She teaches gentle yoga with an adaptive approach. Sitting in a chair or standing and using the chair for support, you'll learn fundamentals of yoga postures and breathing, practice tension release, and begin building strength and flexibility. Give it a try!

Fall class series begin in September. Contact laurel@hmelders.org or 651-209-6542 for information about classes and groups.

“Second Tuesday” Luncheons

A monthly tradition since 2002

Our popular monthly lunch and speaker series is back – indoors and in-person!

Chef Erik will serve a delicious lunch, followed by a presentation of interest to our community. Presenters and topics are posted on our website,

www.hmolders.org/events or you can call for information.

We look forward to seeing you there!

Lunch 11:30 • Speaker 12:15 - 1:00

Tuesday, May 10 (rsvp by May 6)

Tuesday, June 14 (rsvp by June 10)

Tuesday, July 12 (rsvp by July 8)

Tuesday, August 9 (rsvp by Aug 5)

****Make sure to RSVP
(651) 209-6542 or
info@hmolders.org****

Suggested donation is \$8.

Free blood pressure checks.

Transportation can be provided
for neighborhood seniors.

New attendees are always welcome.



Chef Erik, with his kitchen crew.

Frogtown Garage Sale

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

WHEN: Friday May 6th, 8-5pm,

Saturday May 7th, 8-2pm.

WHERE: 411 Blair Ave St. Paul MN

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

Remember all profit goes back into the community to help fund activities and events for the seniors, family, caregivers etc.



Reminder: HME can help you find a Covid vaccination or booster, and can help you order your FREE at home Covid tests, to be mailed directly to your home. Go to www.CovidTests.gov, or call us to help.

MEMBER OF
LIVING AT HOME
NETWORK

Hamline Midway Elders

1514 Englewood Ave.

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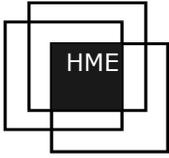
www.hmolders.org info@hmolders.org

Monica Gallagher, Service Director

Laurel Collins, Program Director

Olivia Morawiecki, Program Director

Stacy Hinton, Independent Living Coach



Hamline Midway Elders
1514 Englewood Avenue
St. Paul, MN 55104

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HME Shout-Out

*I am so grateful that I have a place to go to
for gatherings and activities for us older
people. Keep up the good work.*

-Bernice

Donations can be mailed or made
online at our website,
www.hmolders.org

Donate via Venmo
@hmolders



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

www.hmolders.org
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