

Fall 2021

Hamline Midway Heart

A Publication of Hamline Midway Elders

Living at Home/Block Nurse Program

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20 Years of Heart

By Monica Gallagher,
HME Service Director since 2001

In June 2001, Hamline Midway Elders' steering committee (our founders) were ready to hire a Program Director and a Volunteer Coordinator. I happily accepted as Volunteer Coordinator. Since our beginnings in Summer 2001, much has changed but much has stayed the same.

My first exposure to a Living at Home program was in the 1990s, in college, as a visiting volunteer to Anne in Highland Park. We chatted, decorated her Christmas tree, did housework, and shared Davanni's hoagies. (She expressed disappointment when I became engaged to my husband of 23 years instead of a St. Thomas University boy as she had dreamed for me; you can't please everybody). I had no idea how important this casual volunteer commitment would be later when I decided teaching high school was not a good fit for me, but nonprofit work was and a new Living at Home program was forming in my sister's lovely Hamline Midway neighborhood.

Our office space has remained in Room 9, Hamline Church United Methodist throughout our existence. We are so grateful for the support of the congregation and the use of their beautiful spaces in the heart of our service area! This fall, we plan to make some overdue aesthetic improvements to our space. As Tom Fitzpatrick retires and Olivia Morawiecki takes over his office space, it is a natural time.

Continued on page 3

Car Wash & Bake Sale

Friday, October 8, 1:00—4:00pm

Parking Lot of Hamline Church United Methodist

Swing by for a wash provided by volunteers from Hamline University Women's Lacrosse Team, and leave with a sparkly car, treats, and that great feeling you get when you've helped support an organization you love!



Can't attend but want to contribute? You can donate directly at www.hmelders.org/donate

In-Person Programming

It has been wonderful seeing the HME community this summer at our outdoor events this and at our classes, and we continue to provide support, in-home assistance, and rides! We had hoped to resume indoor meals this fall; unfortunately, given the increase in Covid transmission in our county, and the higher-risk community we serve, we must put those plans on hold for the time being. For the most up-to-date information, check our website and/or subscribe to our monthly e-newsletter (send request to info@hmelders.org). Currently, masks are required in the church building, and events/programs require an advance reservation.

Memories (part 6 of 6) – originally written in 2009, by the Baileys

Going north on Griggs we come of the SW corner at Minnehaha. The building at 1220 Minnehaha was home to a number of groceries; Trautner's (30's), Lehman (40's), Steinworth Dairy Store (early 50's), Steinworth Grocery (later 50's), Barnes & Smith's (60's & early 70's) and Clem's Grocery in the later 70's.

We go west on Minnehaha to Hamline. On the NE corner, at 1337, was Jack's Decorated Ice Cream, a caterer that also sold ice cream molded into many different shapes. I remember our grade school class getting little turkey shaped ice creams one time, probably for some special occasion. On the west end of the building, at 722



Hamline, in the 20's was Staples Corner Grocery, in the 30's it was Hundven Grocery, and in the late 30's through the middle 40's it was Hill Grocery. It became Greg's Radio Repair in the later 40's through the 50's. This entire building is now occupied by Fields of Hair.

On the SW corner, at 719 Hamline, was the Hamline Drug Store from the 30's to the 60's and the Hamline Superette in the 70's. There was a furniture restorer here in the 80's, a general contractor in the 90's and was a law office in 2002. It is currently High Point Property Management.



One of many interesting things in the Hamline Tribune was that it was being reported week after week that there had been break-ins at the Hamline Drug Store. They were minor, in that not much of anything was taken and they did not know how the burglar was getting in. It was finally discovered that the break-ins were accomplished by somebody entering the coal chute, such as the one pictured here from 595 Hamline Avenue.

1332 Minnehaha, which is currently vacant, was home to at six different shoe repair shops from the 1930's to 1991. Some of the names of the past were Arthur's Bootery, Rooney's, Dom's, Ken's, Kim's, and Hartland. My brother used to get his ice skates sharpened at Dom's. Next door at 1334 has been a constant home to barber shops. In the 1920's it was Hazel's (Jos. J. Hazel proprietor), then Lefty's in the 30's, Archibald's in the 40's and Arnold's in the 50's. Jon's Barbershop has been there from the middle



50's, and is currently there. The storefront on the corner at 720 Hamline home to Sauter's Quality Groceries in the 20's & 30's, Co-op Foods in the 40's, O'Neil advertising in the 60's, and the Econowashline in the 70's. Dom's Shoe Repair along with John's Barbershop and Laundromat were here in the later 70's and early 80's. It has been a Laundromat only, since 1985. The Laundromat also occupies 718 Hamline which in the early 1920's was Daubenspeck Meat Market which became Janssen Meat Market from 1928 to 1933. This is the same Janssen that went on his own grocery store at 1216-18

Thomas Avenue. As we head back south on Hamline we come to Dreamland Arts at 677 Hamline. In the 50's this was Rieder's TV and Radio Repair, with a workshop in the basement. It was owned by the father of a girl that attended Wilson High School at the same time my brother did. One time my brother brought in a shortwave radio that he had made from a Heath kit and the owner said that the IF transformer was shot and he should send it back. My brother asked how much he would charge to fix it and he said \$1.25 installed. Needless to say, he had him repair it. Rieder's closed around 1959 or 1960, and became Hedtke Electric for a time. In the 80's this was Don's TV sales & Repair then in the 90's it change to Don's office equipment. The later 90's saw Ruik Chiropractic and Brost Home Repair early in 2000. There is a tunnel that connects the business with the house next door.



20 Years of Heart, from p. 1

Our core services have largely remained the same in our 20 years. Volunteer and staff rides, resource and referral, seasonal chores by a variety of volunteers and partners, caregiver support, and friendly visiting are the most common services we provide – but not the only ones as we try to meet our older neighbors' unique circumstances when possible. We still work regularly with our "sister programs" in the Twin Cities and beyond to share resources, grants, legislative advocacy, technical assistance, insurance plans, and more, through the Living at Home Network. The inspiration, support, and partnership other Living at Home programs provide HME remain invaluable.

Programming by HME has grown steadily over time, especially in Tom's tenure. We began with monthly luncheons featuring aging-related education, and grew to add defensive driving class, three types of exercises classes, a caregiver support group for a few years, chronic disease management, an annual ice cream social, a fall Italian dinner, an annual volunteer recognition dinner, a film series at the library, and more.

At this point, Hamline Midway Elders has served a whole generation of older neighbors! Several began as volunteers, then eventually connected to volunteer services themselves (or did so simultaneously). Some stayed in their homes as long as possible, then moved to assisted living or nursing home care. Sadly, this also means people volunteers and staff have known for years or even more than a decade have passed. HME volunteers and staff have supported one another in their shared grief more times than we can count. These late neighbors are gone but not forgotten, as stories are shared about them or their former home in the neighborhood reminds of lovely home visits or calls for yard volunteers. We receive thoughtful memorials in the names of people we remember and miss. Their fierce independence, figures of speech, or sense of humor lives on in the neighborhood.

Our specific funders have changed over time, but we are proud to have had consistent, responsible fiscal management with the help of our Board of Directors. We have never been a religious organization, but we have partnered with several wonderful faith-based organizations to meet community needs. Then, and now, we receive diverse funding from a variety of government entities; individual contributions; foundation grants; and more. So many have been incredibly generous. \$10 from someone on a tight budget, with a handwritten note, brings Board and staff as much affirmation and gratitude as a grant worth thousands of dollars. We continue to rely on many kinds of generosity.

Aside from our mission statement, we sometimes describe HME's role as trying to "fill the gaps" that exist in the larger infrastructure of aging services. This means we are constantly surveying the landscape, getting to know other community partners to make effective referrals, and look for community partnerships. None of us imagined we would need to redesign business as usual to navigate a pandemic which is especially dangerous to older people – and yet with the support of our community and partners, we did, and we are.

In short, I like to think Hamline Midway Elders as an organization has aged well. HME has stayed physically and intellectually active, "aged in place" with the support of our neighbors. We have a committed, hardworking Board of Directors, talented volunteers, a history of lessons learned and wisdom gained, older neighbors whose feedback and resilience keeps us motivated, and a vibrant neighborhood and city. We are located in a beautiful state that is not perfect (no state is) but does prioritize its older residents, their health, and their lives.

Thank you for helping us celebrate 20 years!
Here's to the next generation of older adults in the Hamline Midway!

Fall Programs

Our classes and groups are led by older adults, and are offered free of charge; donations are always welcome. As of this printing, masks are required in the building. We are happy to provide a mask for anyone who needs one.

These groups will run in-person and on Zoom, concurrently. Please contact laurel@hmelders.org or 651-209-6542 to register for programs.

Chair Yoga



Thursdays, 10:30—11:30 at Hamline Church United Methodist

September 16—November 15

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!

Tai Chi for Health

Mondays, 11:00—12:00 at Hamline Church United Methodist

September 13—November 1

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.



Knitting & Crochet Group

**Mondays, 1:00—3:00 at Hamline Church
United Methodist**

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

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



Defensive Driving Refresher Course

**Tuesday, October 26, 1:00– 5:00pm at Hamline
Church United Methodist**

This class is only for those who have already completed the Defensive Driving course. Completing the refresher course is a good way to improve your skills and safety on the road, and may even get you a discount on your car insurance!

**This class will *not* be offered on Zoom. Reservations are required for this course—please contact laurel@hmelders.org or 651-209-6542.



We can help!

Older adults in our service area, are you looking for:

- A Covid vaccination or Covid testing, we can help you find locations, and even provide a ride
- Rides to medical appointments, or assistance getting groceries
- Assistance with applications?

Reach out to monica@hmelders.org or 651-209-6542

Welcome to our new staff member, Olivia!



Say hello to our new Program Director, Olivia Morawiecki! Olivia started work with Hamline Midway Elders in July.

"I was born and raised in the Twin Cities. After studying Community Art at Concordia University in St. Paul I worked for museums, galleries, and start-ups in Boston and San Francisco. A number of years ago I began volunteering with the elderly population and started an art program for seniors living with dementia. I found this to be such a meaningful experience and shortly after pursued community work at the local Block Nurse Program.

In my free time I can be found enjoying the outdoors, wandering a museum or listening to live music. I live in the Nokomis neighborhood in Minneapolis with my daughter and husband."

Volunteer Profile: Brad Reigstad



Brad has been volunteering for Hamline Midway Elders for nearly 20 years. We are so grateful for volunteers like Brad, who keep our programs and services going strong.

"When I was in high school I cut grass and shoveled snow for several retired people in my neighborhood. I enjoyed getting to know them and they were very grateful for the help I provided. I learned that it allowed them to stay in their homes longer when there was someone nearby who could help them with these physical chores. When I was living in the Midway area in the early 2000s, I was looking for a volunteer opportunity and thought there might be the same need within the neighborhood. I met Monica at a volunteer fair at Hamline University and started with spring yard cleanups. Since then I have done some spring and fall cleanups but I primarily cut grass and shovel snow.

What I like most about HME is simply that it exists. The services offered make for a better neighborhood. As a longtime volunteer I'm proud to be part of something that has grown to have such a positive impact. I have enjoyed getting to meet people from different backgrounds and over time learn from them. Sometimes it's a gardening tip, or a firsthand account of Frank Lloyd Wright, but mostly I learn about what it's like to grow old. I just turned 50. I'm grateful for the all of the knowledge."

“Second Tuesday” Lunch-on-the-Lawn

September 14, 11:30am



Above: Hamline Church Barbershop Quartet entertained lunch attendees recently

Meal prepared by Chef Erik Hendrickson
Free blood pressure checks
Transportation can be provided
for neighborhood seniors

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

New attendees are always welcome to join us.
Suggested donation is \$7.

Please check our website for information
about future luncheons.



Fit Snow Heroes Wanted!

We are looking for paid independent contractors (full season or per visit) AND volunteers to shovel out older people's homes when it snows (adopt a homeowner to check in with when it snows, and shovel them out ASAP). No one should choose between their grocery budget and affordable snow removal, or put joints and hearts at inappropriate risk. Great for individual, family, service group, or youth groups. Please call Monica at (651) 209-6542 or monica@hmelders.org for more information. No-cost background check required.



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NETWORK

Hamline Midway Elders

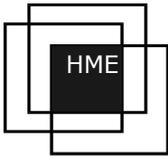
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Monica Gallagher, Service Director
Laurel Collins, Program Director
Olivia Morawiecki, Program Director



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HME Shout-Out

"I appreciate all the support and encouragement you've offered as I navigate the Medicare and Social Security transition, as well as concerns related to Covid-19"

-Tracy

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www.hmolders.org**

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