

Hamline Midway Heart

A publication of Hamline Midway Elders

Spring Social

Thursday, March 21, 1:00—3:00

Hamline Church Community Room

- * Live music
- * Desserts and coffee
- * Crafts with Coral: Seed Art
- * Make & take seedlings
- * Puzzle table
- * Book exchange (bring books to give!)
- * Hand massage

This event is free, but donations are always appreciated. Please reserve your spot by contacting info@hmelders.org or 651-209-6542.



Winter/Spring
2024

Hamline Midway Elders

*Serving seniors in the
Hamline-Midway &
western Frogtown
neighborhoods since
2001*

**1514 Englewood Ave
St. Paul, MN 55104**

651-209-6542

**info@hmelders.org
www.hmelders.org**

Give a few hours of your time...

Volunteering with Hamline Midway Elders is a wonderful way to connect with your neighbors and make a real difference for the older members of our community. Just a few hours each month, flexibly scheduled, helps seniors maintain their independence and health. We are seeking drivers to take people to appointments or errands, snow shoveling at seniors' homes, and a volunteer to do blood pressure checks for an hour/month. Background check required. Contact Monica@hmelders.org or 651-209-6542 to join us.

Hamline Midway Elders: 2023 Year in Review

Thanks to all our volunteers and supporters

- Helped 16 seniors get important home medical equipment such as walkers, motorized scooters, low-vision equipment
 - Provided hundreds of rides to medical and other appointments
 - Served 1,000 meals at Second Tuesday Luncheons
 - Held year-round Chair Yoga and Gentle Exercise classes
 - Provided Defensive Driving education for 23 seniors
 - Provided dozens of in-home visits for post-surgery seniors
 - Provided 150 yard clean-ups
 - Hosted 11 Documentary film screenings with engaging discussions
- Assisted at least 12 seniors with accessing federal/state medical programs or county benefits
 - Assisted 3 seniors with finding new affordable apartments
 - Assisted 6 seniors switch health care plans
 - Helped 7 seniors get new eyeglasses, dentures or hearing aids
 - Donated 575 handmade scarves, hats, mittens to those in need
 - Delivered 40+ gifts to seniors for the holidays
 -and more

UCare employees helped our older neighbors with autumn yard work, they raked 57 yards!



Our Thanksgiving luncheon was attended by St. Paul Mayor Melvin Carter, and Corey Boyd, Sr. Public Engagement Officer from Gov. Walz office, as well as 75 elders who enjoyed live music, and a wonderful meal.



Planting Seeds for Tomorrow: Planned Giving

by Olivia Morawiecki, HME Program Director

Dear Friends,

I hope this message finds you well. As we reflect on how to secure the future of Hamline Midway Elders, planned giving has emerged as a powerful avenue for lasting impact.

What is Planned Giving?

Planned giving involves making intentional decisions about supporting a cause beyond immediate donations. It's a strategic approach, ensuring that your contribution continues to make a meaningful difference over the long term.

Ways to Contribute:

1. Bequests:

Consider leaving a portion of your estate to Hamline Midway Elders in your will, whether a specific amount, a percentage, or the remainder.

2. Charitable Gift Annuities:

Establishing a charitable gift annuity allows you to contribute substantially while securing fixed payments for yourself or a loved one for life.

3. Life Insurance Policies:

Designate Hamline Midway Elders as a beneficiary of your life insurance policy to contribute significantly.

4. Retirement Accounts:

Include us as a beneficiary in your retirement account or estate plan to provide tax benefits and support our long-term goals.

5. Charitable Remainder Trusts:

Contribute assets to a trust, receive income for a specified period, and let the remaining assets benefit Hamline Midway Elders.

6. Real Estate Gifts:

Donate real estate or property to make a lasting impact, contributing to our continued success.

Why Consider Planned Giving?

Planned giving allows you to leave a legacy of support for a cause you care about. Beyond that, it often provides financial benefits for donors and their families, including potential tax advantages.

Your generosity through planned giving can help secure the future of Hamline Midway Elders, ensuring that our programs and initiatives continue to thrive for generations.

Hamline Midway Elders has received two bequests from community members who used HME services, and the gifts made a very significant difference in our ability to expand our staffing and programming.

If you have any questions about planned giving or want more information, please feel free to reach out. Your support, in whatever form it takes, is crucial to the success of our mission to continue to help elders age with dignity and choice.

Thank you for considering planned giving to make a lasting impact on Hamline Midway Elders. For more information or to discuss ways you'd like to participate in planned giving, please contact Olivia Morawiecki at olivia@hmelders.org or 651-209-6542.



Winter & Spring 2024 Classes & Groups

Exercise and Yoga Classes are led by Karen Little. Karen is a registered yoga teacher, a certified QiGong instructor, and a certified leader for the Arthritis Foundation Exercise Program. She has experience with adaptive yoga (for people with physical limitations), as well as Pilates and general fitness exercises. She pulls from her entire background for each class that she teaches, emphasizing whatever part of her training and experience is required to meet the needs and focus of the class.

Gentle Exercise

Tuesdays, 1:30—2:30, April 9—May 28

In person at Hamline Church, and on Zoom

The Arthritis Foundation Exercise Program (AFEP) class, while specifically designed for people suffering from arthritis, is open to anyone looking for a gentle exercise class utilizing traditional movements. Movements are more typical of those found in a physical therapist's office or gym, focusing on flexibility, range of motion, muscular strength, balance / coordination, and cardiorespiratory endurance. Most of the class is conducted standing, although most exercises can be done seated as well. The class is a little more vigorous than the Chair Yoga class, although still gentle, and participants are always encouraged to adapt exercises to their comfort level.



Chair Yoga

Thursdays, 10:30—11:30, Jan 18-Mar 7, and Apr 11-May 30

In-person at Hamline Church, and on Zoom

Chair Yoga is a gentle exercise class using simple yoga poses (or yoga-like movements) for strength, flexibility, balance and relaxation. Most of the class is done seated, working on relaxation, proper breathing, stretching, flexibility and upper body strength. About 10 minutes is done standing so that class participants can work on balance and lower body strength, using the chair for support. Participants are encouraged to adapt movements and poses to their comfort level.

FREE Senior Fridays at the Frogtown Community Center

1st and 3rd Friday of each month, 9:30 - 1:30pm

230 Como Ave. 651-328-7758 for more information

9:30-11:30: Pickleball, cornhole bean bag toss game

9:30 - 1:30pm: Treadmills, track, bikes

12:00 - 12:45pm: Stepdancing class

1:00 - 1:20pm: Yoga

Winter & Spring 2024 Classes & Groups

Jody's Documentary Series

Last Wednesday of each month, 1:00, in-person at Hamline Church

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

This program is offered by Hamline Midway Elders and the St. Paul Public Libraries.

Film descriptions will be posted on our website, and are included in our monthly emailed newsletter.

Solo Seniors Resource Group

Last Monday of each month, 10:00—11:30

in-person at Hamline Church

A group for older adults who are aging without a partner or close family to assist, to help individuals develop a community of support by working with others to do research, solve problems, and discover resources.

Knit & Crochet Group

Mondays, 1:00—3:00 (ongoing)

in-person at Hamline Church United Methodist & on Zoom

This group is crafting 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. Read more about this group on page 7!

Reading Buddies

Stay tuned....we are hoping Reading Buddies will return in 2024.

Contact laurel@hmelders.org or 651-209-6542 for information about classes and groups. HME classes and groups are informal and welcoming, free of charge (donations are always welcome), and people can join anytime. Our classes and groups are led by seniors, for seniors.

“Second Tuesday” Luncheons

A monthly tradition since 2002

Our popular monthly lunch and speaker series —indoors and in-person! Chef Truman will serve a delicious lunch, followed by a presentation of interest to our community.

We look forward to seeing you there!

Lunch 11:30 • Speaker 12:15 - 1:00

Tuesday, January 9 (RSVP by Friday Jan. 5)

Debunking the Myths of Hospice and Palliative Care, with Robin Hemenway of MN Network of Hospice & Palliative Care

Tuesday, February 13 (RSVP by Friday Feb. 9)

Simple Action for Climate Change, with Pat Samples from Elder Climate Action

Tuesday, March 12 (RSVP by Friday March 8)

Live music

Tuesday, April 9 (RSVP by Friday April 5)

Protecting Yourself and Others from Financial Exploitation, with Renee Stromme of Elder Justice

Tuesday, May 14 (RSVP by Friday May 10)

Live Improv Comedy with Track Lighting (senior comedy group)

****Make sure to RSVP**

(651) 209-6542 or info@hmelders.org**

Suggested donation is \$8.

Transportation can be provided
for neighborhood seniors.

New attendees are always welcome.

Special thanks to St. Paul Jaycees for sponsoring luncheons in the first half of 2024!



Milestone for HME Yarn Crafters

Since 2017, Hamline Midway Elders Knit & Crochet group has been meeting every Monday afternoon to talk, share, and create scarves, hats, mittens, shawls and lap robes. These items are created with donated yarn, and then given to local organizations like food shelves, shelters for the unhoused, hospice, long-term care facilities, and schools. In November 2023, they reached a significant milestone—they have handmade over 2,000 items, all given away to those in need! We celebrated with a party and cake.



Judy Gibson leads the group, and describes the weekly meetings as relaxing. She says, “There isn’t pressure to talk all the time. Sometimes we just work on our projects quietly, and

sometimes we visit. If someone has a question, chances are good someone else can answer it. We have several very good knitters.” These kinds of crafts are good brain exercise, too, flexing your memory skills, and eye-hand coordination.

Gibson said, “A lot of us in the group like to experiment. We’ve been knitting long enough that we don’t always like to use patterns.”

All are welcome to join— beginners are welcome, and yarn and needles are provided. The group meets in-person, and on Zoom. In fact, the group continued to meet on Zoom throughout the pandemic!



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Hamline Midway Elders is supported in part by a Live Well at Home grant from the Minnesota Department of Human Services

Hamline Midway Elders

Living at Home/Block Nurse Program

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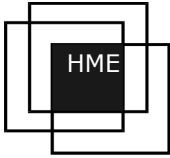
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Monica Gallagher, Service Director

Laurel Collins, Program Director

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“I love your organization!
Your kindness is inspiring.”

-Linda

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the most recent updates, and sign up for
our monthly e-newsletter.

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