



North East Neighborhoods Development Corporation

### North East Seniors for Better Living

proudly partners with the following:

- ❖ Department of Human Services
- ❖ City of St. Paul
- ❖ Ramsey County
- ❖ Board of Directors
  - Yearly contributions and thousands of volunteer hours
- ❖ Gifts for Seniors
  - Holiday & summer gifts for participants
- ❖ Hayden Heights Library
- ❖ Loaves and Fishes
  - Meals for Memory Café and Social Club
- ❖ White Bear Avenue Businesses
  - Silent auction contributions

Contributions can be sent to:

I Forgot Fund  
1961 Sherwood Avenue  
St. Paul, MN 55119

\*All donations are tax deductible!

We are a 501(C)(3) tax deductible organization.  
Please consider making contributions today to support our Senior Services.



*Minnesotans working together on the impacts of Alzheimer's*

### North East Seniors for Better Living

*Helping seniors live independently and happily*

We are a nonprofit volunteer program dedicated to senior adults and those suffering from memory loss. All are invited! We welcome caregivers, relatives, friends, etc.

#### Join us:

North East Seniors for Better Living  
1961 Sherwood Avenue  
St. Paul, MN 55119

#### Contact us:

651-808-1901  
neseniorsforbetterliving@gmail.com  
www.neseniorsforbetterliving.org  
www.facebook.com/seniorssafeandvital  
www.twitter.com/NESeniorsStPaul

#### Office Hours:

Monday: 9am-2pm  
Tuesday: 9am-3pm  
Wednesday: 9am-2pm

Event Schedule  
July – September 2018



## North East Seniors for Better Living Memory Café and Social Club

Join us every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday

#### Schedule:

##### **11am-12pm**

Memory Café and Social Hour

##### **12pm-1pm**

Free lunch! Provided by Loaves and Fishes

##### **1pm-3pm**

Fun & educational presentations by guest speakers

Free blood pressure checks from nursing students

Activities including cards, board games, bingo, and crafts

We are always looking for volunteers to provide transportation, friendly visiting, assistance with social events, yard work & snow shoveling.

Please contact us if you are interested!

## Events

### July 10 – 4<sup>th</sup> of July Celebration



Come ready to sing your favorite patriotic songs! Mary Livingston, a local entertainer and music practitioner will lead a patriotic sing-along complete with accordion accompaniment!

### July 24 – Supplemental Nutrition Assistance Program (SNAP)



Danisa, A Food Support Specialist from Neighborhood House, will be here to present about food support and answer questions about the application process!

### August 14 – Help at Your Door



Help at Your Door provides services to help seniors continue living independently in their own homes, including grocery delivery. Join us to learn more about their program!

### August 28 – Learning Lab



Would you like to feel more comfortable using new technology at home? Kate and Lynn from the Learning Lab for Eldercare Technologies will be with us to demonstrate how to use different types of technology and answer your questions!

### September 11 – Know the 10 Signs of Alzheimer's



Want to learn more about what's normal as you age and what could be a sign of memory loss? Join us for a presentation from the Alzheimer's Association about 10 warning signs of Alzheimer's and how to spot them.

### September 25 – AARP



Do you have ideas about how to make our neighborhood a better place for older adults? Join us for an interactive presentation and discussion with Elyse, Associate State Director from AARP, and share your suggestions about how to make North East St. Paul more age-friendly!

## Resources

### **Act on Alzheimer's**

[www.actonalz.org/st-paul-neighborhoods](http://www.actonalz.org/st-paul-neighborhoods)  
[www.facebook.com/ACTonALZ](https://www.facebook.com/ACTonALZ)

### **HealthStar Home Health**

[www.healthstarhomehealth.net](http://www.healthstarhomehealth.net)

### **Live Well at Home**

[www.mnlivewellathome.org](http://www.mnlivewellathome.org)

### **Metropolitan Area Agency on Aging**

[www.metroaging.org](http://www.metroaging.org)

### **Minnesota Board on Aging**

[www.mnaging.org](http://www.mnaging.org)

### **Senior LinkAge Line**

[www.mnaging.org/advisor/SLL.htm](http://www.mnaging.org/advisor/SLL.htm)  
1-800-333-2433

## Our Program

### **Board of Directors:**

Marj Ebensteiner – Chair  
Loretta Novak – Vice Chair  
Luci Botzek  
Angelique Corcoran  
Sandra Somers DeLaforest  
Carole Murphy Faricy

Raymond E. Hess  
Jack Lorenz  
Karla Sand  
James Thompson  
Marlene Wacker

### **Advisory Committee:**

Hon. Dan Bostrom  
Carol Connolly  
Ed DeLaforest  
Megan Eischen  
Mike Erlandson  
John Faricy  
Katie Fleming-Vogel

Joan Growe  
John Harrington  
Delores Henderson  
Marlene Johnson  
Gladys Morton  
Hon. Chris Tolbert  
Susan Vento

### **Staff:**

Betsy Snyder – Program Director