



North East Seniors for Better Living proudly partners with the following:

- Bear Boating
- Century College
- City of St. Paul
- Gifts for Seniors
- Hayden Heights Library
- Let's Go Fishing
- Loaves and Fishes
- Ramsey County
- Recover Health
- White Bear Avenue Businesses

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

*All donations are tax deductible!

Contributions can be sent to:

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

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

Please contact Nora at 651-808-1901 or neseniorsvolunteer@gmail.com for more information.



North East Seniors for Better Living

Memory Café and Social Club
651-808-1901

***Event Schedule
October – December 2018***

Events are generally every 2nd and 4th Tuesday of the month but watch for special dates in this brochure as we head into the holiday season!

Schedule:

11am-12pm

Memory Café and social hour

12pm-1pm

Free lunch! Provided by Loaves and Fishes

1pm-3 pm

Fun & educational presentations from guest speakers

Free blood pressure checks by nursing students

Activities including cards, board games, bingo, exercise and crafts

North East Seniors for Better Living

NE Seniors for Better Living provides volunteer and professional services that enable the seniors of St. Paul's northeast neighborhoods to remain in their homes with dignity, independence, safety and choice.

We welcome seniors and their caregivers, relatives and friends to all of our events.

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/neseniorsforbetterliving

Office Hours:

Monday: 9am-2pm
Tuesday: 9am-3pm
Wednesday: 9 am-2 pm
Thursday: 9 am- 1 pm



LIVING AT HOME NETWORK

NE Seniors for Better Living is proud to be a member of the Living at Home Network

Special Event! Oktoberfest Fundraiser
Friday, October 5th, from 5:30-7:30pm



We welcome all community members to join us for our annual Oktoberfest Fundraiser at the National Letter Carriers Hall (NALC), located at 1715 Van Dyke Street, across from the Plaza Theater. There is no cost at the door, but donations are strongly encouraged. Enjoy a full turkey dinner; a host bar serving beer, wine, martinis and soda; and live music from the Dave Kise Trio.

October 9: Flu Shots and Assertiveness

Workshop



A pharmacist will be joining us to give flu shots! Please bring your Medicare or other insurance information to participate. Our own Loretta Novak will also provide a training about assertiveness and strategies to avoid falling victim to scams.

October 23: Halloween Party and What's New for Medicare



Feel free to wear a costume and bring a festive dish for this spooky luncheon! A volunteer from the Senior LinkAge Line will join us to present about the changes to Medicare for 2019. Bring your questions about signing up for a Medicare plan or changes to your coverage for the new year!

November 13: Health Care Directives and Power of Attorney



Planning ahead to make healthcare decisions is important, but it's not always easy to know where to start! Join us for a presentation from Southern Minnesota Regional Legal Services, an organization that offers free legal help to older Minnesotans in need. They'll share information about completing Health Care Directives and Power of Attorney forms.

November 27: Making a Move



Thinking about making a move but feeling overwhelmed? Lisa and Rita from Home to Sweet Home Move Managers will be with us to present about resources to help with these tough decisions. Home to Sweet Home exists to bring joy, compassion, and efficiency to seniors in transition and they handle everything from planning and packing to moving and unpacking!

December 18: Holiday Party with Gifts for Seniors and Caregiving Presentation



Join us for a festive holiday luncheon including gifts from Gifts for Seniors! A representative from the Wilder Foundation will join us to talk about caregiving – the joys, the challenges, and resources available to help along the way

Resources

Alzheimer's Association

www.alz.org

Live Well at Home

www.mnlivewellathome.org

Metropolitan Area Agency on Aging

www.metroaging.org

Minnesota Board on Aging

www.mnaging.org

Recover Health

www.recoverhealth.org

Senior LinkAge Line

www.seniorlinkageline.com

1-800-333-2433

Our Program

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