

Senior Connections

September, October, November & December 2019



9-1-1, What's your Emergency?

September 25, 9:00-2:00 Hjemkomst Center

“Heart Attack & Strokes, Know the Warning Signs”

Presented by TRIAD (Seniors and Law Enforcement working together)

Heart disease and stroke are leading causes of death and disability in the United States. In the United States, someone has a heart attack every 34 seconds. Every minute, someone will die from one.* Someone in the United States has a stroke every 40 seconds.* Every four minutes, someone dies of stroke.*

You're invited to any informational seminar on Heart Attacks and Strokes and what we can do to help avoid heart disease and increase our chances of living longer and reducing damage to the heart and brain.

Know the warning signs and knowing the importance of calling 9-1-1.

9:00 - 10:00 Vendor Booths
10:00 – 10:15 Welcome
10:15 – 11:00 Strokes
11:00 – 11:45 Heart attacks
11:45 – 12:00 CPR demonstrations
12:00 – 1:00 Complimentary lunch, vendor speakers and time to visit vendor booths
1:00 – 1:45 Pharmacist
1:45 – 2:00 Wrap up (Evaluations and Survey)

Registration is mandatory. To register call 299-5340 Space is limited.

Thank you Event Sponsors: Red River Valley TRIAD and Sanford Health

* American Heart Association Heart Disease and Stroke Statistics-2014

16th Annual Caregiver Conference

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Nov. 6 from 12:30-3:45 p.m.

The 16th Annual Fargo-Moorhead Caregiver Conference, “The Roadmap to Organizing Your Life,” will be held Wednesday, Nov. 6, at the Hjemkomst Center located at 202 1st Ave. N. in Moorhead, Minn. The event is free and recommended for anyone who is caring for an aging loved one.

The conference, scheduled from 12:30-3:45 p.m., features expert panelists on a variety of caregiving topics. Light refreshments will be served. Area vendors will be onsite during the event.

To register call 218.299.5340 Free to attend.



Senior Connections' Regular Scheduled Events

Artist Studio

Learn the techniques, skills, and art of painting! Class meets **Thursdays from 1:00-3:00 pm.**
The Artist Studio is for masters of every skill level, working with a variety of mediums.

Rubber Stamp Class

Rubber Stamp Class is held the first Thursday of each month at 10:00am.
A \$6.00 material fee will be collected. Instructor: Cheryl Toutges

Zippity Zingers

Join us for a good old fashion sing-along! Meet in the Game Room, Tuesdays at 10:30 am.

Daily Activities

Pinochle M-W-F 8:30am

Whist M-T-TH-F 1:00pm – *Call 218-299-5519 to sign up*

Bridge Monday 12:30 pm Oak Room

Mahjong Tuesdays 1:00-3:30

Bridge Thursday 12:30 pm Computer Room



Breakfast Club meets the Third Thursday of the Month 8:30 am at the Easten Fryn' Pan 2920 Highway 10 East, Moorhead Each month features a guest speakers with various topics pertaining to the needs and interests of adults age 50 and over. Breakfast will be on your own, ordered off the menu. Space is limited.

For more information and to register, contact Julie at 218.299.5514.

Breakfast Club is sponsored by Senior Connections and TRIAD.



Senior Meals a hot, nutritious, noontime meal is provided at Senior Connections, Monday through Friday, beginning at 11:45 am, at the Hjemkomst Center. Residents age 60 and over and their spouses (including those under the age of 60) are eligible to enjoy this meal. A suggested donation for seniors 60+ is \$4.25, and persons under age 60 must pay \$6.50.

Reservations: Please Call 299.5519 between 10:00 am-12:30 pm the day prior to dining.

AARP Moorhead/Clay Chapter #5123

AARP meetings are held at the Hjemkomst Center
the 3rd Wednesday of each month at 2:30

September 18, October 16, November 20 and December 18, 2:30

Bring a food item for the Food Pantry

Guests are always welcome!

Bone Builders



Bone Builders is a free, alternative exercise program for individuals who want to counteract the negative effects of osteoporosis. Participants use weight bearing exercises, designed to address specific areas of the body affected by osteoporosis. Studies have shown that people who participate in Bone Builders and similar exercise programs twice a week, for one year, can increase their bone density by an average of one percent, per year. In addition to building bone density, benefits of Bone Builders classes include improved balance and poise, increased energy and mobility, and decreased blood pressure. Bone Builders classes also incorporate information and education on health-related topics. Classes are held 9:30 am Monday & Wednesdays at the Hjemkomst Center. No registration required.



**DO YOU NEED ASSISTANCE? UNITED WAY VOLUNTEERS CAN HELP!
UNITED WAY OF CASS-CLAY DAY OF CARING
THURSDAY, OCTOBER 10
2:00-4:30pm**

HOW TO RECEIVE ASSISTANCE:

**Email DayOfCaring@UnitedWayCassClay.org
or call 701.237.5050**

VOLUNTEERS CAN ASSIST WITH PROJECTS SUCH AS:

**DUSTING/LIGHT INDOOR CLEANING
LIGHT YARDWORK/PULL WEEDS/TRIMMING
CLEAN/WASH WINDOWS
CLEAN GUTTERS
SMALL PAINTING JOBS**

Deadline to register to receive volunteer services is **SEPTEMBER 20.**

Email: dayofcaring@unitedwaycassclay.org

Phone: 701-237-5050

Website: www.unitedwaycassclay.org

Address: United Way of Cass-Clay,



Caregiver Support & Respite Care Services

Many individuals provide daily assistance to elderly family members or friends so they are able to live in their homes for as long as possible. However, this can be a physical and mentally demanding job. It also typically takes more than one person to make this possible. Does someone you know pop into your head when reading this?

Respite Care: Trained volunteers that provide hands off non-medical care, basic companionship and supervision to care receivers while caregivers are able to run errands, attend doctor appointments, etc. Respite care truly means “taking a break”. Volunteers are able to bring care receivers out of the home if appropriate. This provides not only the caregiver with a break, but also provides socialization for that care receiver.

Volunteers cannot provide physical or medical care to the care receiver. Respite care is based on a sliding fee scale.

Group Respite Care: “Morning Out” and “Afternoon Adventures” where families can bring their loved one to group respite care at a local church. Group respite is offered every Monday from 10-2pm. This is a great option for a caregiver to have the house to themselves! Activities include games, field trips, crafts, movies, music, and gentle exercise. Socialization for the care receiver and respite for the caregiver. *Sliding fee scale

To learn more or get started, please contact Regional Manager
Laura Rasmussen at **218.220.7517** or **Laura.Rasmussen@lssmn.org**



City of Moorhead

Senior Connections

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Senior Center

Winter Storm Policy

When the Moorhead Public Schools are closed, the Center is closed for all activities and congregate meals. If you are not sure if we are open please call ahead. We will contact the local Radio and Television stations with



Senior Connections Holiday Party



Join us on Wednesday, December 11

12:00 Noon

Menu:

Turkey and Dressing

Mashed Potatoes & Gravy

Green Bean Casserole

Dinner Roll and Pumpkin Pie

Call 218.299.5519 to reserve your meal