



# Seasons

Roseville Area Senior Program Newsletter

ISD623 Roseville Area Schools

1910 County Road B W, Roseville 55113 [www.isd623.org/commed/senior](http://www.isd623.org/commed/senior) 651-604-3520 Mon-Fri, 8am- 4pm

## Roseville Area Senior Program

# Volunteers



### Exceptional People Extraordinary Hearts

**Wednesday, June 20, 8:30-10am  
Fairview Community Center Solarium**

Scrumptious continental breakfast, background music and social time! The Ed Stevens Volunteer Award recipient(s) will be presented by the North Suburban Senior Council, Inc. Roseville Area Senior Program will give a distinguished volunteer service award to Slumberland for their twenty years of Meals on Wheels delivery. Acknowledgements by Dr. John Thein, Superintendent, Roseville Area Schools; Karen Schaub, Director of Community Education; Tammy Pust, President, North Suburban Senior Council

Invitations will be sent to volunteers who have recorded their volunteer work hours from April 2011 to March 2012. Invitations will be mailed in late May. Contact the RASP office if you volunteered but did not record your volunteer hours, or if you do not receive an invitation.

## Seasons Newsletter Renewal Starts Now The May/June Seasons Is Your Last Issue This is your only reminder notice!

To view the Seasons newsletter free of charge visit our website at [www.isd623.org/commed/senior](http://www.isd623.org/commed/senior). To subscribe and have the Seasons newsletter mailed, please do one of the following:

- Complete the Seasons Newsletter Renewal Form below and return it with your payment to the Roseville Area Senior Program office or mail it to RASP, 1910 County Road B West, Roseville MN 55113
- RASP Seasons newsletter Scholarships - We believe that everyone should be able to receive a newsletter regardless of ability to pay. To receive assistance please contact the RASP office.

### Seasons Newsletter Renewal Form

July 2012 to June 2013

Six Bi-monthly Issues

Check one: (If you are not sure, contact us and we can help determine if you are in or out of district). Pay by cash or check. Make checks payable to Roseville Area Senior Program.

\_\_\_ \$7 Roseville Area School District Resident

\_\_\_ \$10 Out of School District Resident

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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**The Roseville Area Senior Program will be closed on:**  
Monday, May 28: Memorial Holiday  
Friday, June 15: Cleaning Day (See article pg. 2)

**May/June 2012**

# Program Activities/News

## ACTIVITIES CALENDAR

A complete calendar with dates and times is available in the RASP office or online at [www.isd623.org/commed/senior/](http://www.isd623.org/commed/senior/). Detailed program activities are also listed in the Community Education brochure in the Adult Enrichment section. An activity fee may apply.

Monday	Tuesday	Wednesday	Thursday	Friday
Women's Wellness 1-2:30pm 3rd Monday	NSSC Meetings 9-11am 2nd & 3rd Tues	Foot Care Clinic 1st & 3rd Wed by appointment 9am-4pm	Notes for Life 9:30-11:30am 1st Thursday Quarterly	Invest Forum I 9:30-11:30am Weekly
Card Recycling 1:30-3:30pm 2nd & 4th Mon	Religious Study 9:30-10:30am 1st & 3rd Tues	Health Ins Counsel 9:30-11:30am by appt 4th Wed	Blood Pressure 10-11:30am Weekly	Clip 'n' Sip 10-11am Weekly
Ballroom Dance 1:15-3:45pm 2nd & 4th Mon	Caregiver Support 12:30-2:30pm 2nd & 4th Tues	Market Place Talk 9:30-10:30am 2nd Wed	Vision Loss 10-11:30am 1st Thurs	Music in the Lounge 10:30-11:30am 1st Friday May-Oct
Invest Forum II 1:30-3:30pm 2nd & 4th Mon	Book Discussion 1-2:30pm 4th Tues	Men's Discussion 10-11:30am Weekly	Bridge 12:30-4pm Weekly	Stitch 'n' Chat 1-3pm Weekly
Computer 1-1 Help 3pm Mon & Wed 2nd & 4th		Wii Bowling 12-3pm Weekly	Indoor Walking Mon-Thur 1:30-4:30pm	Chorus Practice 1:30-3:30pm Weekly
Mahjong 1:30-3:30pm 1st & 3rd Mondays		Pocket Billiards 7-9pm Weekly	Drop-In Lounge open Monday-Friday 8am-4pm Wii Drop-In Sports, Computer Station, Pool tables, Library and Maintain Your Brain Station. Craft Shoppe open Monday-Friday 9:30am-3:30pm	

### Activity Groups Recessed for the Listed Summer Months:

Defensive Driving Class: July

Religious Study: July and August

North Suburban Chorus: July

Investment Forum I- Meets on June 1 & August 5, No July meeting

Wii Bowling: June, July and August

Women's Wellness: June, July and August

### Friday, June 15, Is RASP's Cleaning Day from 9-11am

Volunteers are needed to help clean the RASP drop-in lounge and the Roseville Craft and Gift Shoppe. Coffee, donuts, and a pizza lunch will be provided to the volunteers. If you can donate your time and energy to help clean, please call 651-604-3520 or email [rasp@isd623.org](mailto:rasp@isd623.org).

Please refer to the following schedule for the week of June 11-15:

- Flaming Spoon Café & Meals on Wheels Service: Open: June 11- June 13 Closed: June 14 & 15.
- RASP activity groups, drop in lounge and Service Coordination: Open June 11 - June 14 Closed: Fri June 15.
- Transportation Services: Bus & volunteer medical rides will operate Monday, June 11 through Friday, June 15.

### Thank you to Marion Pearson, RASP Program Aide

Marion joined the RASP staff in 2008 through the Community Service Employment Program, and is now retiring. She has made a wonderful contribution assisting with many office tasks and working with the RASP's medical ride transportation. Marion enjoys the staff, clients and volunteers, and has generously offered to continue as a volunteer office receptionist on Friday mornings. We appreciate Marion's dedication to the Roseville Area Senior Program!

# Program Activities/Volunteer Opportunities

## Current Volunteer Opportunities

### Medical Appointment Driver

Transport older adults using your own vehicle to medical and dental appointments. The schedule is Monday through Friday, 8:30am-3:30pm. Training is provided and mileage reimbursement is an option.

### Friendly Visitor Volunteer

Volunteers provide social interaction with older adults in their homes. For example, play cards and games and provide a listening ear. Volunteers establish a two-hour weekly visit and maintain confidentiality.

To receive application materials, contact Roseville Area Senior Program at rasp@isd623.org or call 651-604-3520. A criminal background check will be conducted.

## Mahjong

Mahjong is a game that originated in China and is similar to the Western card game Rummy, but played with tiles. Popular in the United States since the 1920s, Mahjong is a game of skill, strategy, calculation and a degree of chance. Come enhance your brain skills by learning a new game or helping others learn.

Mon, May 7 & 21, June 4 & 18 1:30pm \$1.50

## Recycling Card Group

Come for a fun time making note cards, memo pads, gift tags and other items for the Roseville Craft and Gift Shoppe. The sale of these items goes toward the North Suburban Senior Council/Roseville Area Senior Program. New volunteers are welcome!

Mon May 14, June 11 & 25 1:30-3:30pm Free

## On the Dance Floor

Social dances with refreshments.

Mondays 1:15-3:45pm \$4.50/person

May 14 Dick Macko

May 28 closed Memorial Day Holiday

June 11 Hank Thunander

June 25 Jim Armstrong



## Religious Study

A non-denominational study. New participants are welcome.

Tues, May 1 & 15, June 5 & 19 9:30-10:30am \$1.50

## May Is Older Americans Month Never Too Old to Play!

The theme for Older Americans Month 2012 - "Never Too Old to Play!" - shines a spotlight on the important role older adults play in sharing experience, wisdom, and understanding with other generations through social activities and civic engagement. It's no secret that there are lifelong health benefits to staying socially and physically active. Such a lifestyle helps people retain mobility, muscle mass and cognitive abilities as they age. However, older adults are not the only ones energized by their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved.

What better way to celebrate Older Americans Month than to bring older Americans together with different generations to engage in spirited social activities. We have two events planned with this theme:

### Intergenerational Spring Dance with Live Band

Roseville Area High School Cafeteria

1240 W. Cty Rd B-2 Roseville

Sunday, May 20th 2-4pm Free

Live dance music by Bob Halquist Band

Beverages and snacks will be provided.

Sponsored by the Roseville Area High School Student Council

### Intergenerational Chorus Concert

Roseville Central Park Frank Rog Amphitheatre

Lexington Ave & Cty Rd C, Roseville

Thursday, June 7 6:30pm Free

Vocal music at its best. Enjoy a wonderful spring evening in the park and two superb choral groups.

Featuring the North Suburban Chorus and the

Roseville Area High School Concert Choir.

## Competitive Bidding For Bridge

How many games did you not bid the last time you played bridge? Slams? Learn better ways to look at your hand and to consider what your partner may have, as well as what your opponents hold. Learn to bid more competitively and get away with it. Bridge experience required. A text book is available from the instructor (\$10 per book). Payment for the book is made in class to instructor. Mignon Nearmyer is a Bronze Life Master and an ACBL accredited teacher of more than fifteen years. Limited class size. Pay online or at the RASP office.

Tues, May 8-June 26 1:30-3:30pm \$45.50  
8 weeks 3

# Program Activities

## Computer One - One Help Sessions Return

Duane Manderscheid, computer volunteer, conducts one - one computer trouble shooting sessions. This is for individuals who have taken classes and have some computer skills, but have questions and need some minimal assistance with Internet use, Word, Excel, etc.

Mon	May 14, June 11 & 25	1-3pm
Wed	May 16 & 30, June 13 & 27	1-3pm

Call to register for a 30 min. session, donation requested.

## Drop-In Computer Station

A new computer work station has been donated by the Falcon Heights Lauderdale Lions Club. It is available for individuals to use on a drop in basis. You can use the Internet, check email accounts etc. You must be an independent user. Print copies are limited to five pages and cost 10 cents each. Get password from RASP office. First come first served basis. A .25 donation is requested.

Weekly, no Wednesdays 8:30am-3:30pm

## Wii Bowling - 2012

This is an interactive and fun game that allows people to video bowl and get some moderate exercise.

Register at RASP office for fall league. 12-1:15pm  
Wednesdays Pay by the week \$1.50

*Sponsored by Roseville Area Senior Program and Heritage Place of Roseville*

## North Suburban Chorus

The North Suburban Chorus is supported by the North Suburban Senior Council Inc. and Roseville Area Senior Program. The Chorus does singing engagements in the metro area. There is a need for tenor and bass voices. Anyone who likes to sing is welcome. Please call Bob Schmidt at 651-488-6379 or Ed Breems at 651-429-6518 for more information. Friday practices 1:30-3:30pm

## Investment Forum II

Participate in an informal discussion regarding management of your money.

Mon, May 14, June 11 & 25 1:30-3:30pm \$1.50

## "The 39 Steps"

A Play Adapted by Patrick Barlow

The play's concept calls for the entirety of the 1935 adventure film "*The 39 Steps*" to be performed with a cast of only four. One actor plays the hero, Richard Hannay, an actress (or sometimes actor) plays the three women with whom he has romantic entanglements, and two other actors play every other character in the show: heroes, villains, men, women, children and even the occasional inanimate object. This often requires lightning fast changes and occasionally for them to play multiple characters at once. Thus, the film's serious spy story is played mainly for laughs, and the script is full of allusions to (and puns on the titles of) other Alfred Hitchcock films, including *Rear Window*, *Psycho*, *Vertigo* and *North by Northwest*.

Wed, May 9 1pm Matinee

FREE for area seniors. No reservations necessary. Please arrive after 12:40 p.m. and leave after 3 p.m. to avoid school bus traffic.

Roseville Area High School, 1240 County Road B2 West, Roseville

For more information, contact Charlotte at 651-484-5318 or Shana at 651-636-2873.

Sponsored by Roseville Area High School Drama Department

## New Attitudes

The New Attitudes current members have decided to phase out as a group sponsored by the Roseville Area Senior Program effective May, 2012. They will continue to meet for lunch and plan social activities. If you would like to communicate with this group please contact Kathy Trussell at 651-633-9378.

## Book Discussion

Anyone who likes to read and share their impression of book selections is welcome.

Tues 1-2:30pm \$1.50

May 22 – Judy Woodward, Ramsey County librarian will present a list of great books to read.

June 26 – "*A Prayer For Owen Meany*" by John Irving

# Essential Services

## Transportation

The Roseville Area Senior Program offers transportation services to residents of the **Roseville Area School District #623**, ages 60 and older, who do not drive and to disabled adults under age 60 with disability certification provided.

### Bus Service

Our bus provides transportation to locations within Roseville School District #623. The bus is lift equipped and has spaces for wheelchairs. Drivers are Special Transportation Certified. There are openings on Monday & Wednesday's schedule.

- **Roseville Bus Transportation Schedule**

The bus schedule is 8 am-4 pm Monday through Friday. A suggested donation is requested, based on ability to pay. Bus rides include to and from Roseville Area Senior Program activities, shopping, banking, hair appointments, local medical appointments, etc.

- **Bus Ride Scheduling**

Five business day advance notice is suggested for a ride request. Call 651-604-3535 between 8am & 1:30pm, Monday through Friday.

- **Bus Ride Standing Orders**

Standing orders may be scheduled for rides that take place on a regular basis. They need to be at the same day/time, and the same pick-up and drop-off destination.

### Medical Rides Available

Volunteer drivers use their own vehicles to provide rides to medical and dental appointments within the metro area, for people who have no other transportation options, and who can walk with minimal assistance.

- **Medical Rides Available**

Monday through Friday, 8:30am to 3:30pm  
A suggested donation is requested, based on ability to pay.

- **Medical Ride Scheduling**

Call 651-604-3535 between 8am & 1:30pm, Monday through Friday. Ten business day advance notice is suggested for a ride request. Limit your ride request to one ride per week.



## Meals on Wheels

Meals on Wheels is available Monday through Friday to adults 60 and older, and certified disabled adults living in the Roseville Area School district who are unable to access and/or prepare food. An intake process and in-home assessment are conducted as part of this service. Daily, hot nutritiously balanced meals are prepared by the Roseville Area Schools and delivered by volunteers from area churches, organizations, and community volunteers. A suggested donation is requested, based on ability to pay. For more information call 651-604-3524.

## Service Coordination

The Roseville Area Senior Program offers a Service Coordinator to assist older adult residents of ISD 623 to find resources, dialogue and problem solve on health, safety, and housing issues. Receive help navigating community resources with the goal of living safely and independently in your home. Home assessments and phone consultations are available. Seniors, family members, and caregivers are encouraged to contact the Service Coordinator. If home health care service is desired, the Service Coordinator can refer clients to a variety of resources. A suggested donation is requested, based on ability to pay.

## Homebound Support Volunteers

After a needs assessment is completed by the service coordinator, trained volunteers are available to provide services to help homebound seniors in the Roseville Area School District. Services include: errand running, shopping assistance, minor home repairs and friendly visiting in the home. A suggested donation is requested, based on ability to pay.

### Call 651-604-3528 for:

- **Service Coordination**
- **Home Health Care Services**
- **Homebound Support Volunteers**
- **Caregiver Support.**

# Community Outreach/Health

## The Flaming Spoon Café

Fairview Community Center

Lunch: 11:00am-12:30pm

No Time? Get Your Meal to go!

Full Meal Deal: \$4.00 Choice of main entrée or the salad bar, milk or coffee. Ala Carte for \$0.55 to \$2.50 includes sandwiches, soups, salads, rolls, cookies, fruit, chips, etc.

All are welcome. Bring a friend or neighbor. No individual reservations needed. Groups of six or more are requested to call in advance, 651-604-3518. We accept cash, check, or establish a pre-paid meal code. Monthly menus available at the Fairview Community Center or online at [www.isd623.org/commed/senior](http://www.isd623.org/commed/senior) and look for *Flaming Spoon Café - The Best Meal Deal in Town!*

## Leave a Legacy....

### Remember the Roseville Area Senior Program

If the Roseville Area Senior Program (RASP) is important to you, here is a significant and long lasting way to express your appreciation. Consider making a planned gift. Using planned bequests through a will or estate plan, revocable living trusts, real estate, appreciated stock, IRA's, and retirement accounts and life insurance are examples of a planned gift and a meaningful way to define your legacy.

A planned gift can provide much needed funding to sustain the future of the Roseville Area Senior Program activities and services. Gifts may be designated to a specific service such as Meals on Wheels, transportation, service coordination activities and classes or you can leave it to the program as a whole.

A legacy gift to RASP is best made with the counsel of one's financial advisor or attorney. To discuss a "future" legacy gift confidentially contact Janell B Wampler, Program Coordinator at [janell.wampler@isd623.org](mailto:janell.wampler@isd623.org) or call 651-604-3520.

Memorial gifts are another option. A name plaque will be made to honor your loved one with a memorial donation of \$25 or more. The memorial plaques are on display in the RASP drop-in lounge.

## Notes for Life—Designed to Improve the Quality of Your Life

1:30-3pm

\$2 at the door

Roseville Library, 2180 Hamline Ave North

Register by Monday before by calling

651-604-3520 or emailing [rasp@isd623.org](mailto:rasp@isd623.org).

### May 3 - Going Local with the Food We Eat

This session will give an overview of the locally grown food trend. 2012 is the international year of the coop and a brief history of the food coop concept will be shared. Community Supported Agriculture will be explained and how to access this resource. Presented by the Eastside Food Cooperative

Sponsored by the Life by Design Group:

- Roseville Area Senior Program
- Thrivent Financial Services for Lutherans
- Heritage Place of Roseville
- Comfort Keepers

## Roseville Craft & Gift Shoppe

This shop is supported by the Roseville Area Senior Program and North Suburban Senior Council.

Volunteer consignors make hand crafted items to sell and staff the shop. 651-604-3529

Mon-Fri 9:30am-3:30pm

## 55+ Defensive Driving Courses

Brush up on your driving skills and receive a 10% discount on your car insurance for three years. No driving test required. You will receive a certificate of completion to provide to your insurance company. Class size is limited. Prerequisite: 8 hr. course. Preregistration is required through the Roseville Area Senior Program (RASP) in person, by mail or register online one week prior to class.

Information needed: your name, address, phone number, and birth date. Make checks payable to RASP. No senior discounts apply. MN Safety Council Instructor.

Thurs, May 24

5:30-9:30pm

\$20

Thurs June 28

1:30-5:30pm

\$20

# Health and Wellness

## Women's Wellness Group

Obtain helpful information on wellness in a social and supportive setting. Help plan the future direction of the Women's Wellness discussion group, starting with the broad topics of health, fitness, and nutrition. We fine tune our sessions to the specific interests of the group. This group is facilitated by Tara Jebens-Singh, who teaches older adult fitness for Roseville Community Education Adult Enrichment. Please feel free to contact Tara with suggestions or questions at tarajebenssingh@yahoo.com or 651-500-8529.

Mon May 21 1-2:30pm \$1.50

## Health Insurance Counseling

A volunteer from the Metro Area Agency on Aging will be available to help you understand and track medical bills, forms, and benefits you are entitled to under Medicare, Medical Assistance, Medicare supplement or long term care policies. The insurance counselor is not connected with any insurance company and does not give legal advice. Call 651-604-3520 to schedule an appointment one week prior to the session. Space is limited. In-home health insurance counseling is also available to older adults in Ramsey County who are unable to travel. For information call the Senior LinkAge Line at 1-800-333-2433.

Wed May 23 & June 27 9-11am Free

## Blood Pressure Screening

Free screening provided by qualified volunteers. No registration required.

Thursdays 10-11:30am Free

## Foot Care Clinic

Jeanne Polaichik, RN will do assessments, trim nails, and teach you how to care for your feet. During the initial visit, a comprehensive health assessment will be done. Call 651-604-3520 to schedule an appointment. For questions regarding foot care call Jeanne at 651-482-8007.

Wed May 2 & 16, June 6 & 20 9am-3pm

Initial Visit \$32/30 minute session

Subsequent Visit \$25/30 minute session

## Vision Loss Group

This group provides consumer information, speakers, and good company. Anyone who has vision loss from macular degeneration, glaucoma, stroke or other diagnoses that impacts vision is welcome. *Cosponsored by Roseville Area Senior Program and Vision Loss Resources.*

Thurs June 7 10-11:30am Free  
No meeting in May

## Caregiver Support Group

A caregiver support group is available twice per month for caregivers of older adults. The support group provides information, resources and valuable emotional support. New participants are welcome.

Tues May 8 & 22, June 12 & 26 12:30-2:30pm Free

## Market Place Morning Talk

A monthly educational program that provides current and new health and wellness information.

Market Place Bingo Hall

2900 Rice St., Little Canada

Blood Pressure checks from 8:45-9:20am, speaker begins at 9:30am. To register call 651-604-3520 by the Monday before each session. \$1.00 per program

## Wed May 9 - Container Gardening

Bring an empty flower pot and gardening gloves, wear casual clothes, and get some tips about getting your container garden to produce flowers and vegetables for summer-long nutrition and enjoyment. Presented by Jacki Poliseno, Rose of Sharon Manor.

## Wed June 13 - Vision Loss

Living with vision loss can have major implications for the people coping with it as well as for family, friends, and care providers. Learn some practical suggestions for enhancing the lives of all people affected by blindness or visual impairment.

*Co-sponsored by Roseville Area Senior Program, City of Little Canada Park and Recreation, Lyngblomsten and Golden Living Center/Lake Ridge, Rose of Sharon Manor/Extencicare, Refreshments by Little Canada Recreation Association and the Little Canada Bingo Hall*

Roseville Area Senior Program  
Roseville Area Schools Community Education  
1910 County Road B West  
Roseville, MN 55113  
651-604-3520

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## Roseville Area Senior Program Roseville Area Schools Community Education

1910 County Road B West  
Roseville, MN 55113  
Mon - Fri, 8am-4 pm  
Office: 651-604-3520 ---- Fax: 651-604-3565  
MN Relay: 1-800-627-3529  
Email: rasp@isd623.org  
Website: www.isd623.org/commed/senior

### Program Funding

*The Roseville Area Senior Program is a program of Roseville Area Schools Community Education with support from the North Suburban Senior Council, and individual contributions. Additional funding is received from Ramsey County, and Senior Services Consortium of Ramsey County, PRISM Express via the Older Americans Act administered through the Metro Area Agency on Aging and the Minnesota Board on Aging.*

**A special thank you to the Ramsey County  
Commissioners for continued support in 2012!**

### Staff Directory

<b>Program Coordinator</b> 651-604-3520	Janell Wampler janell.wampler@isd623.org Mon-Fri 8am-4pm
<b>Secretary/Transportation</b> 651-604-3520/651-604-3535	Linda Nelson linda.nelson@isd623.org Mon-Fri 8am-4pm
<b>Program Asst/Meals on Wheels</b> 651-604-3524	Tara Garvin tara.garvin@isd623.org Mon-Fri 8am-2pm
<b>Services Coordinator/Outreach</b> 651-604-3528	Jaymee Chanen Mon-Fri By Appointment jaymee.chanen@isd623.org
<b>Program Aide/Transportation</b> 651-604-3520/651-604-3535	Hellen Bluitt Mon-Fri 12-4pm hellen.bluitt@isd623.org