



# THE VOICE

## White Bear Lake Area

Hello! Well, we've made it to September! Since our last newsletter the world has opened up a bit and hopefully you are getting out safely and seeing friends and family. We are still in a strange time but each week we are attempting to find our new normal.

Good News! The week of August 17 we opened our doors to a few groups! We welcomed back the Coloring group, Woodcarvers, Yarn B's,

Friends Who Care, In-Stitches, and the Reader's Chat group. It is wonderful seeing members and hearing chatter and laughter.



The Craft Corner will be re-opening to on September 10th with limited days and hours. They will be open the 2nd Monday of each month and every Thursday from 11:30 am - 3:00 pm.

We know our other groups would love to be back but until we have a way to do this with social distancing rules in place we can not open these groups. We are still here for you as a resource so you can call us at our main number 651-653-3121.

The Senior Center is very fortunate and thankful for two grants we received this summer. The first from the Vadnais Heights Area Community Fund to help offset costs to foot-care clients. The second grant was from the Greater White Bear Lake Community Foundation to help us make improvements to the Senior Center for the health and safety of our staff and members. We want to thank both of those organizations for their support!

The Meals on Wheels program is moving right along. The May fundraising letter brought in close to \$10,000 in donations for just the months of May and June! We truly thank all of you who support this vital program that supports many of our area adults who are in need of meals.

We look forward to seeing you soon and please let us know if you have any questions.

Hope to see you soon!

Jon Anderson, Adult Programs Coordinator

MARK YOUR  
CALENDAR

## ANNUAL HOLIDAY BOUTIQUE

Friday, November 6 9 am - 7 pm  
Saturday, November 7 9 am - 4 pm  
At the Senior Center

ALL ITEMS ARE HANDMADE.

WE WILL NOT BE HAVING  
A BAKE SALE THIS YEAR.

SOCIAL DISTANCING AND FACE MASKS  
WILL BE REQUIRED

### Election Day & Voting 2020

Election Day: November 3

For information voting contact:

#### Ramsey County

Call 651-266-2171 or visit:  
[www.ramseycounty.us/residents/elections-voting](http://www.ramseycounty.us/residents/elections-voting)

#### Washington County

Call 651-430-6175 or visit:  
[www.co.washington.mn.us/667/Elections](http://www.co.washington.mn.us/667/Elections)



### FUN FACT

When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

## Contact Us

### General Information

651-653-3121

2484 East County Road F, WBL

Mon-Fri 8:00 am - 4:30 pm

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

### Adult Programs & Facilities Coordinator

Jon Anderson 651-653-3126

[jon.anderson@isd624.org](mailto:jon.anderson@isd624.org)

### Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

[michelle.hubbard@isd624.org](mailto:michelle.hubbard@isd624.org)

### Meals on Wheels

Debbie Walker 651-653-3123

[deb.walker@isd624.org](mailto:deb.walker@isd624.org)

Mon-Fri 8:00 am - 1:00 pm

Nutritious meals delivered during the noon hour. Special diets and frozen meals are available.

### Senior Center & Meals on Wheels will be closed

Sept 7 / Nov 26, 27  
Dec 23, 24, 25, 31 / Jan 1

### Senior Center Membership

#### Yearly Renewal Fee: \$20

Fees will not be increased this year due to the COVID closing. Fees can be paid during your next visit or mail to the Senior Center.

Membership fees help offset expenses for staffing, and facility costs. They are also required for anyone attending our daily activities.

*We appreciate your support!*

***New Members Welcome!***

### Building Safety

- The building will open no more than 15 minutes prior to the start of scheduled activity.
- Members must check in at the Main Office for a brief health screening.
- All visitors must wear a face mask when entering, exiting, and walking through the building. Members may take off masks when socially distanced, sitting at their table.
- Hand sanitizer must be used when entering the building. Hand sanitizing stations are available in each room.
- Public restrooms have designed *Adult Only* stalls.
- **If you become sick while here at the Center or after visiting us please let us know to keep others safe.**

### We want to keep us all safe

- Only one group activity will take place in a room per day.
- Tables and chairs will be set up in the rooms spaced out a minimum of 6' apart. Please do not move the furniture.
- Door handles/door buttons will be sanitized throughout the day by staff members.
- Beverages/Snacks/Refrigerator. You may bring in your own beverage or snack if needed. The kitchen, refrigerator, counter areas and supplies are not available for public use. Coffee will not be provided.
- We have a designated isolation room in any one feels ill.

### Foot Care Clinic at the Senior Center

Sept 22 & 23, Oct 20 & 21, Nov 17 & 18, Dec 15 & 16

\$45 / 35 minute appointment - call 651-653-3121.

At your appointment they will:

- Brief medical history
- Trim and file toenails
- Reduce thick toenails
- Reduce calluses and corns
- Treatment of ingrown nails
- Minor skin irritation, cuts, cracks, maceration
- Light massage and moisturization

### Medicare Insurance Phone Counseling

Get answers about your Medicare, health, supplements or long-term care insurance. Call 1-800-333-2433.



### The Voice Newsletter

If you have any changes to your name, address or are receiving more than one newsletter or if you would like to receive the newsletter via email only please let us know. Contact us at 651-653-3121 or [whitebearseniorprogram@isd624.org](mailto:whitebearseniorprogram@isd624.org)

**Monthly Email** - In between each quarterly *Voice* newsletter we have started sending out an emailed update called the ***Current Wave*** to keep you informed with new news! If you would like to receive this monthly update, please call us with your email address.



## WEEKLY ACTIVITIES

Coloring ..... 10:00 - 11:30 am ..Tuesdays  
 Friends Who..... 1:00 - 2:30 pm.....4th Wednesday  
 Care  
 In Stitches ..... 1:00 - 3:00 pm ....Fridays  
 Reader's Chat ... 10:00 - 11:30am.....4th Monday  
 Ukulele Bears.... 10:00 - 11:30am.....Mondays  
*Starting in October*  
 Woodcarvers .... 9:00 - 11:30am .....Wednesdays  
 Yarn B's ..... 10:00 - 11:30 am....Thursdays

### Craft Corner Gift Shop

**2nd Monday of Month & Every Thursday**  
**11:30 am - 3:30 pm / Senior Center**

Starting September 10 you can once again shop at our Craft Corner for unique handmade gifts!

Adults 50+ who are interested in selling your art or crafts call 651-653-3130.

## CLASSES & EVENTS

Sept 7 .....Senior Center Closed (Labor Day)  
 Sept 10 .....Craft Corner Opens (11:30-3pm)  
 Sept 15 & 16 .....Foot Care Clinic (all day)  
 Sept 17 .....Chinioserie-Inspired Vase Painting  
 Sept 24.....Farmers Market (in Parking Lot) 1-3pm  
 Oct 20 & 21.....Foot Care Clinic (all day)  
 Oct 20 .....Sunset Cabin Oil Painting Class  
 Oct 23.....Diabetic Shoe Show (10am-2pm)  
 Nov 5.....Senior Center Closed (Boutique Set Up)  
 Nov 6 .....Craft Corner Boutique (9am-7pm)  
 Nov 7.....Craft Corner Boutique (9am-4pm)  
 Nov 17 & 18.....Foot Care Clinic (all day)  
 Nov 26 & 27 .....Senior Center Closed (Thanksgiving)



### FUN FACT

Scotland has 421 words for "snow". Some examples: sneels (*to start raining or snowing*); feefle (*to swirl*); flinkdrinkin (*a light snow*).

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## Good Friends Make Great Neighbors

Gable Pines at Vadnais Heights offers area senior adults the opportunity to live in a community with a true, small-town feel, while enjoying a wealth of services, excellent dining options, well-planned events and activities, as well as purpose-driven amenities.

**CALL TODAY (651) 829-3171**



## Online Classes

An email link will be sent to you a few days before the class starts.

### Soma Yoga

1600.106 Sep 22 9:30-10:30am \$45

### Preserving Fresh Fruits & Vegetables

1490.100 Sep 29 6:30-8 pm \$20

### Drafting Your Own Will

1143.104 Oct 6 & 13 6:30-8:30 pm \$60

### Discover Your Roots

1655.155 Oct 13 6:30-8 pm \$40

### Financial Power of Attorney & Health Care Directive

1142.102 Oct 21 6:30-8:30 am \$40

### Stove Top Granola

1633.133 Oct 23 7 - 8:30 pm \$40

### Drafting Your Own Will

1143.105 Nov 4 & 11 6:30-8:30 pm \$60

### How to Pay for the Nursing Home

1122.101 Nov 19 10:30-11:30 am \$20

## In Person Classes

Social distance will be practiced at all classes and masks should be worn upon arrival.

### Pet Portrait

1414.114 Sep 29 6:30-8 pm  
\$50 South Campus

### Sunset Cabin: Easy Bob Ross Oil Painting

1560.100 Oct 20 8:30 - 11:30 am  
Senior Center \$40 + \$20 material fee



### Craft Beer Backstage Pass - Hang with the Pro's

1591.110 Oct 20 6:30 - 8:30 pm  
Big Wood Brewery, 2222 4th Street, WBL



### Preparing to Downsize Your Life and Home

1131.100 Oct 24 9-11 am  
\$15 South Campus

### Everything You Want to Know About Medicare

1245.105 Nov 17 6:30 - 8 pm  
\$20 Senior Center

### Keeping the Cabin or Farm in the Family

1122.120 Dec 1 6:30-8 pm  
FREE Senior Center

## Love Where You Live

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CONTACT

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[gshaughnessy@4LPi.com](mailto:gshaughnessy@4LPi.com) or (800) 950-9952 x2487



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For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071

## Get Up & Go Fitness

We will be increasing Punch card prices to \$55 for 8 classes. Current punch cards will be honored until they are used in full. Silver & Fit Program benefits accepted.

WB Dance Center, 2462 East County Road F, WBL

*Class will not be held on Mondays due to facility cleaning. Tuesday Yoga class will not be returning in person yet. If you would like yoga please see our online Soma Yoga class in the right column.*

## Aerobics

**Wed, Thur, Fri 9:30 - 10:30 am**

Improve endurance, flexibility and strength, balance and coordination. For those needing a slower tempo and less vigorous program.



## AARP Smart Driver

In person classes have been canceled for the remainder of the 2020 year.

Online classes are available at:

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

25% discount code: DRIVINGSKILLS

*This offer good through 12/31/20*

## Soma Yoga (Online)

Soma Yoga helps re-educate muscles to release tension and create freer mobility. Emphasis on moving from within our bodies using breath practice and meditation to calm minds and spirits and gain strength, flexibility, balance, and stamina.

**1600.106** Sep 22 - Oct 27 / \$45 / 9:30-10:30 am

**1600.107** Nov 10 - Dec 8 / \$45 / 9:30-10:30 am

## Zumba

Zumba combines Latin and international music with dance moves. Routines incorporate interval training and alternating fast and slow rhythms to help improve cardiovascular fitness.

**1623.103** Oct 7 - Nov 11 / \$50 / 6:00 - 7:00 pm  
North Campus Cafeteria

## POUND

POUND is designed to work your core and scorch calories. Using lightly weighted drumsticks move to guided upbeat music and upwards of 15,000 stick strikes to the ground and overhead! Get ready to sweat and tone. All age workout.

**1645.103** Nov 5 - Dec 17 / \$40 / 6:00 - 7:00 pm  
Normandy Park Gym

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(651) 301-9445, or [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).



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White Bear Area Senior Program, White Bear Lake, MN

C 4C 02-1071

## 6 COVID SAFETY PROCEDURES AT THE SENIOR CENTER

Your health and safety is very important to us and we want to ensure that activities are as safe as possible for those who choose to attend in person events. Please familiarize yourself with these procedures before attending.

### Before You Come



Complete a self assessment. If you or anyone in your home have any of the following symptoms, stay at home.

- ☐ fever (100 or higher) within the last 72 hrs
- ☐ cough or sore throat
- ☐ shortness of breath
- ☐ chills or repeated shaking with chills
- ☐ muscle pain
- ☐ headache
- ☐ new loss of taste or smell
- ☐ had direct household contact with a person experiencing an undiagnosed cough & fever
- ☐ diarrhea and/or vomiting in the last 24 hrs



Masks are encouraged. Bring your own mask.



Bring your own supplies, writing utensils, etc. to minimize multi-use items.



You may bring your own beverage or snack. The food should be prepackaged and the beverage in a bottle/thermos with a cover. *Coffee and treats will not be provided and cannot be shared.*

### While You're Here



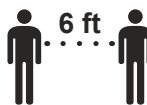
You are encouraged to wear a mask.



Wash or sanitize your hands frequently. Only touch surfaces when necessary. For example use automatic door buttons vs. door handles.



Cover your cough or sneeze - then sanitize again.



Maintain social distancing.



If you need to consume your own food or beverage for medical reasons, please wash your hands before and after, turn away from others, and replace your mask as soon as you are done.



Do not rearrange tables and chairs. Chair and table arrangements have been predetermined based on social distancing and air flow. Staff accompanying a participant may move a chair closer to that individual but must remain socially distanced from others in the class.

### When You Arrive



Check in at the Main Office to:

- confirm your self health assessment
- sign a waiver
- pay your membership fee
- update your contact information
- ensure room capacity is not over the limit



Wash or sanitize your hands upon arrival. Hand sanitizer will be provided.



Follow the traffic flow signs and maintain social distancing at all times. Do not linger in hallways.

### When You Leave



Do not linger in the room or hallway after your activity ends.



Staff will clean and sanitize the room, table, chairs, and equipment after it is used.



Call the office at 651-653-3121 if you test positive for COVID-19 after your have visited the Senior Center.



## DIABETIC SHOE SHOW

### Stylish Shoes to Fit Your Feet & Lifestyle

**Friday, October 23 / 10 am - 2 pm**

White Bear Area Senior Center  
2484 East County Road F, White Bear Lake

Are your shoes uncomfortable, cause pain, numbness or have tingling toes. . . or do you just need a new pair of shoes?

Receive personal attention, fitting and measuring. Insurance processing is available when placing orders.

Discover the hundreds of styles available:

- wound care and postoperative shoes
- dress and work shoes
- boots and sandals
- and other footwear that can help you lead an active life.



#### **IMPORTANT Please bring your . . .**

Medicare & Supplemental insurance information required for coverage submittal or cash purchase upon fitting and ordering.

Diabetics with Medicare may be entitled to one pair of shoes a year at little to no cost.



  
**THE PILLARS**  
OF WHITE BEAR LAKE  
SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

### THE PILLARS SENIOR LIVING LIFE AS IT SHOULD BE

We're safe, having fun and hope you are seeing the bright side of things too! The Pillars of White Bear Lake is proud of our team and impressed by the resilience of our amazing residents!

If things have changed for you or your family member, contact us about our Assisted Living or Memory Care needs. We are here to help!



651-653-3288 | [PILLARSENIOR.COM/WHITEBEARLAKE](http://PILLARSENIOR.COM/WHITEBEARLAKE)

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White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071

# FREE HOME-DELIVERED MEALS



Meals on Wheels of Ramsey County is providing free home-delivered meals to Ramsey County adult residents who are impacted by COVID-19. This program is made possible by the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

## **Program Eligibility Requirements (must meet all criteria):**

- Ramsey County Resident
- Over the age of 18
- Homebound due to COVID (directed to isolate or quarantine; health-compromised and need help preparing meals; or in a high-risk category as defined by the CDC)
- Experiencing financial hardship and cannot afford groceries or meals.

## **Menu Options Include:**

Heart Healthy/  
Diabetic Friendly  
Vegetarian/Vegan  
Gluten-Free  
Dairy-Free  
Kosher  
Renal  
Culturally Specific



**RAMSEY COUNTY**



**Learn more and sign up:  
[meals-on-wheels.com/ramsey](https://meals-on-wheels.com/ramsey) | 651-318-9091**



## Zucchini Pie

Great for breakfast, lunch or dinner!

*Recipe from Dawn Sax Becerra. Her grandparents owned and operated Sax's Bakery in White Bear in the 1960s - early 1970s.*

### Ingredients

4 cups thin sliced zucchini	1/2 cup chopped parsley
8oz can crescent dinner rolls	or 2T parsley flakes
2 eggs	1/4 tsp salt
8 oz shredded cheese	1/2 tsp pepper
1 cup sliced med onion	1/2 tsp garlic power
1/4-1/2 cup melter butter	1/2 tsp basil
2-3 tsp dijon mustard	1/2 tsp oregano leaves

1. Cook and stir zucchini, onion and butter for 10 minutes.



2. Stir in parsley, salt, pepper, garlic powder, basil, and oregano. Remove from stove to cool slightly.
3. Separate crescent dinner rolls into triangles and place in un-greased 10inch pie pan. Press into bottom and on sides to form crust. Spread with 2-3 tsp Dijon mustard.
4. Combine 2 beaten eggs and shredded cheese in a bowl, then mix quickly into the veggie mix. Pour into crust.
5. Bake in preheated 375 oven for 18-20 minutes, or until center is set. *Optional: Ten (10) minutes into the baking place aluminum foil around the crust top if it is browning too quickly.*
6. Let cool for 10 minutes after pulling out of the oven to set before eating.



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Paula Tynesen [Paula@SolePurposeFootCare.net](mailto:Paula@SolePurposeFootCare.net)

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**Questions about Medicare?**

Call  
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[JacksonB6@allinahealthaetna.us.com](mailto:JacksonB6@allinahealthaetna.us.com)

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**CONTACT**

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# EMERGENCY ASSISTANCE

Help with rent/mortgage and utilities during COVID-19.



You may be concerned about interruptions in your income and paying your bills. Ramsey County is here to help with Emergency Assistance (EA) and Emergency General Assistance (EGA).

Emergency Assistance helps adults with children and those who are pregnant. Emergency General Assistance helps adults without children.

EA and EGA help with shelter costs, such as past due rent/mortgage, or a damage deposit. EA and EGA also help pay for utilities, including electricity, heat and water, when there is threat of disconnection.

## ASSISTANCE ELIGIBILITY

You may be eligible for EA/EGA if you do not have enough resources to resolve your crisis and you can show that you have enough income to pay bills moving forward.

## APPLY FOR EMERGENCY HELP | CALL 651-266-4884

To apply for EA/EGA, visit [ramseycounty.us/EmergencyAssistance](https://ramseycounty.us/EmergencyAssistance).

If you are not already receiving public assistance and are applying for multiple programs (SNAP, health care, cash, child care assistance) you can also apply online at [applymn.dhs.mn.gov](https://applymn.dhs.mn.gov).

For questions about eligibility or application status, call the EA/EGA hotline at 651-266-4884.

Financial Assistance workers will return your call and can answer general questions about the program, mail you a paper application, or help you do a phone application.

## EA/EGA ELIGIBILITY UPDATES EFFECTIVE MAY 13, 2020

- ✓ EA and EGA programs have suspended the rule about how often assistance may be obtained (usually only once in a 12 month period). You can apply for EA/EGA even if you have already received help within the past 12 months.
- ✓ EA/EGA provides assistance for past due rent/mortgage, damage deposit or utilities. Those seeking help with utility bills should apply first for Energy Assistance through Community Action Partnership of Ramsey & Washington Counties. Visit [caprw.org](https://caprw.org).
- ✓ Both emergency programs have maximum limits of what dollar amount can be paid; these amounts have been increased. Please speak with your financial worker about what you need; if it is still more than EA or EGA can help with, we can refer you to other community agencies who can assist with additional funds.
- ✓ Some other regular eligibility requirements have also been suspended. Your worker can explain these to you in detail.

This event, class, activity or matter is not sponsored or endorsed by White Bear Lake Area School District 624 and this information was not printed at District expense.

## Do Not Let Life-Threatening Ailments Go Unchecked During the Pandemic

Hospitals across the country report that emergency department (ED) visits have declined significantly for illnesses not related to COVID-19. In particular, heart attacks and strokes appear to be going unchecked. Some hospitals also observe a decline in fall-related emergency room visits.

Doctors believe that people are so scared of contracting COVID-19 that they're not seeking help for life-threatening ailments. Nationwide, nearly a third of adults say that they have delayed or avoided medical care because they are concerned about contracting COVID-19, according to a poll from the American College of Emergency Physicians, nearly 75% of poll respondents also expressed concern about overstressing the health care system; more than half worried they won't be able to see a doctor.

**STROKES AND HEART ATTACKS DEMAND IMMEDIATE ATTENTION!**

## Grant Writing

Are you experienced with finding and writing grants?

The White Bear Area Senior Center is looking for volunteers that are experienced with this to help offset costs of operating the senior center.

If you are interested, please contact Jon Anderson at 651-653-3126.



## Fun Fact

Minnesota was named for the Dakota word "*Mnisota*", meaning "sky-tinted water". Basically, we have a lot of blue, clear, lakes.



## WE'RE HIRING AD SALES EXECUTIVES



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Memory Care

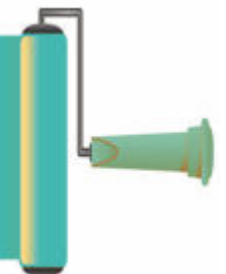
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# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

								4
	5	9		4	1			8
				8	3			2
			9				2	1
				5	4		3	
	4	3				6	5	
6		1		2				
3		2			9			

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DIFFICULTY: ★★☆☆

## Amazing Drone Videos

[www.airvuz.com](http://www.airvuz.com)

## Fort Snelling

<https://vimeo.com/391535190>

Military intelligence service language school

<https://youtu.be/SMaYszBpyC8>

## Terry Nakanishi Story - Historic Fort Snelling

Go to [www.youtube.com](http://www.youtube.com) and search:

*Terry Nakanishi*

## Minnesota Historical Society

Becoming Minnesotan: Stories of Recent Immigrants & Refugees

<http://education.mnhs.org/immigration/>

## Minnesota & Civil War Series

<http://sites.mnhs.org/civil-war/>

## 1920 Duluth Lynchings

<https://www.mnhs.org/duluthlynchings/videos>

## How To Get Better at Pickleball, the Fastest Growing Sport in America

<https://www.wellandgood.com/how-to-get-better-at-pickleball/>

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ENIGMA<sup>TM</sup>  
CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "T" = "R"

"LKS EAUS VG O WON'E DKOTODLST  
DON ZS EKVPN ZM LKS LKANFE LKOL  
WOQS KAW ONFTM."

— OXLKVT XNQNVPN

Puzzle Answers  
on page 14.

P E F K F V N K E U R K E T E V E R E T T L D T X  
 S W R L C J R K X N S K C G Q A S A U Y T I A V N  
 E L I A J A A O I K A P E W R D U I P B H O K Z Q  
 M B L J U L R T X L X L I A Q N O L C F C N A Z B  
 H A D I H Q W A R W L T M I T A H R C R A S Z U L  
 U M N C H B S A M O N S Z R K I N O A D E C N E Y  
 B D R I K D E N C A E D B U X S W A G J B L E Z O  
 B I N Z T B O Y O Y T A U W Q H O D Y E L U G F N  
 B C C D E O R O C T L J R B I E R P M B A B T R J  
 E T T T Z U U O W D G A R T G I B A Q J I H G E M  
 W N I A T F U R E E K N E F H G E R E A R Z F U E  
 B H O N L N T A I A K B I P L H L K C X O R I N K  
 W H E C T L G T O D E A V H C T L R W Y M Q U E A  
 P C W Y D L Y T W A G F L G S S I H L J E S P V L  
 P Q T H E N T S R O W E X K U A F Y S F M U P A M  
 G W N L B E A T D T V N G R V S W R T P I Z L E E  
 C O A R R C O P F O T E K R A M S R E M R A F K G  
 S K O L A W K E U K C H E R I T A G E D A Y S A N  
 E I A S N M L Q R C V K R A P D O O W D L I W L L  
 Q K L S E F O M F O O D S H E L F C N Y Q A X Q D  
 E Q H O I L S C H O O L D I S T R I C T I L Y M O  
 D I B N Y A A M F B Y A V O D Y R O M R A E H T V  
 P O A S Q M D K U L B L V N Q E H U G O R O L W D  
 Y H B Y P X N U E N Y A N W L J G U U D T Z C W B  
 E G A L L I V D O O W H C R I B Y X O P P L P Z I

- |                   |                |                 |                   |
|-------------------|----------------|-----------------|-------------------|
| Bald Eagle Lake   | Gem Lake       | Manitou Ridge   | The Armory        |
| Birch Lake        | Goose Lake     | Memorial Beach  | Vadnais Heights   |
| Birchwood Village | Hanifl         | Otter Lake      | Washington Square |
| Century College   | Heritage Days  | Rail Road Park  | WB Township       |
| Cup and Cone      | Hugo           | Ramsey County   | White Bear Lake   |
| Farmers Market    | Lake Avenue    | School District | Wildwood Park     |
| Fillebrown House  | Lakewood Hills | Tallys Dockside |                   |
| Food Shelf        | Lions Club     | Tamarack        |                   |



## Caregiver Support

**Alzheimer's Association** offers care and support services to families affected by Alzheimer's and all other forms of dementia. Available 24/7 for around-the-clock care and support at 1-800-272-3900.

**Lyngblomsten Community Services**, offers two programs for caregivers over the phone, Caregiver Resource & Referral Service and Resources for Enhancing Alzheimer's Caregiver Health. If you are a caregiver needing assistance, call 651-632-5320 or email [lyngblomsten.cs@gmail.com](mailto:lyngblomsten.cs@gmail.com).

**Senior LinkAge Line** provides information and referrals statewide for older adults and their caregivers, including caregiver services and support, Monday-Friday, 8:00am - 4:30pm. 1-800-333-2433 or [www.seniorlinkageline.com](http://www.seniorlinkageline.com)

## Companionship

**Elder Friends Phone Companions** is a local program of Little Brothers Friends of the Elderly. Volunteers are ready to share their warmth and friendship during the crisis and beyond. To join, or to refer someone else, call: 612-746-0737 or E-mail: [phonecompanions@littlebrothersmn.org](mailto:phonecompanions@littlebrothersmn.org). Website: [www.littlebrothersmn.org/phone-companions](http://www.littlebrothersmn.org/phone-companions)

## Nutrition Assistance

**Minnesota Food HelpLine** provides assessment and solution to food needs; eligibility for Supplemental Nutritional Assistance Programs or food shelf locations. 1-888-711-1151 or [www.hungersolutions.org](http://www.hungersolutions.org)

## Chores

The **Senior Chore Program** offers assistance with indoor and outdoor chores for those 60 years and over. Contact 651-757-4061 or [www.nyfs.org/services/senior-chore/](http://www.nyfs.org/services/senior-chore/)

## Help at Your Door

A non-profit serving seniors and those with disabilities. Offers affordable help with cleaning, chores, light maintenance and home repairs. On-going home support provided 1-2 per month. Contact 651-642-1892 or [www.helpatyourdoor.org](http://www.helpatyourdoor.org).

## Ramsey County

Help with food, housing, mental health, employment and other crisis needs. Call 651-266-8500 or online at: [www.ramseycounty.us/covid-19-info/community-resources-0](http://www.ramseycounty.us/covid-19-info/community-resources-0)

## Virtual Senior Center

**Juniper** is a network of community organizations delivering research-proven programs. View online courses at [www.yourjuniper.org](http://www.yourjuniper.org).

## Answer to Sudoku

2	3	8	5	9	6	1	7	4
7	5	9	2	4	1	3	6	8
4	1	6	7	8	3	5	9	2
8	6	5	9	3	7	4	2	1
1	2	7	6	5	4	8	3	9
9	4	3	8	1	2	6	5	7
6	7	1	4	2	5	9	8	3
5	9	4	3	7	8	2	1	6
3	8	2	1	6	9	7	4	5

## Enigma Cryptogram Answer

"The size of a man's character can be shown by the things that make him angry." Author Unknown

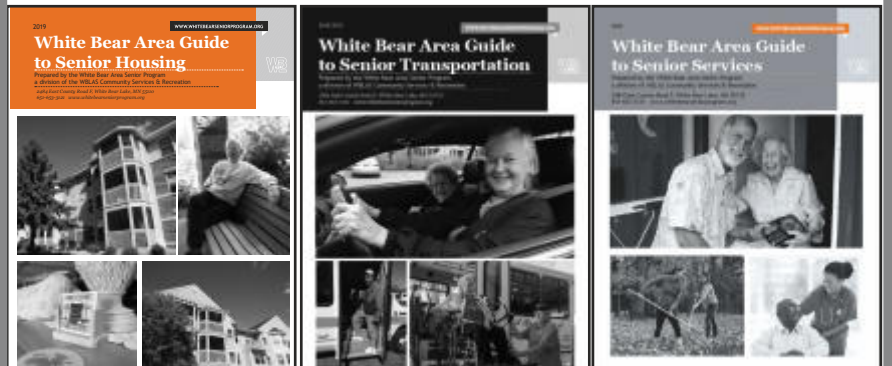
## White Bear Area Senior Guides

### Housing, Transportation & Services

Online: [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)

look under *RESOURCE GUIDES*

Call 651-653-3121 to have one mailed to your home.





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# COMMUNITY

## EVENTS

### **FREE FARMERS MARKET**

**Free produce from the WBL Emergency Food Shelf. Everyone is welcome!**

Sept 3 1-3 pm Willow Lane Elementary  
Sept 10 4-6 pm St. Andrews Church  
Sept 17 1-3 pm Community of Grace Church  
Sept 24 1-3 pm WB Area Senior Center

### **GENERAL ELECTION**

**Tuesday, November 3**

Find your polling place call 651-245-1440  
or visit [www.pollfinder.sos.state.mn.us](http://www.pollfinder.sos.state.mn.us)

### **HOLIDAY OPEN HOUSE**

**Thursday, November 12 / 5 - 10 pm**

Start your Holiday Shopping in beautiful downtown White Bear Lake! Visit charming shops, restaurants and businesses and enjoy specials, promotions, and refreshments.

## RESOURCES

### **WEATHERIZATION ASSISTANCE**

Provides free home energy upgrades, such as sealing cracks, adding insulation and checking if your furnace is working properly, to income-eligible homeowner and renters to help save costs. For more information call 651-482-8260 or visit [www.capr.org](http://www.capr.org).

### **MONTHLY MARKET**

**White Bear Area Emergency Food Shelf**

Monthly Market is available to neighbors who reside in or are enrolled in the White Bear Area school district. Neighbors may schedule an appointment to shop for items like fresh produce, dairy, meat, bread, and non-perishable pantry goods.

Regular shopping hours are:

Mon, Wed, Fri: 10:00 am – 12:30 pm

Tue, Thu: 4:30 – 7:00 pm