

MAR - APR 2021  
Vol. 11, Number 4

The logo consists of four orange squares of varying sizes arranged in a 2x2 grid.

# *Sartell* *Connection*

Sartell Community Center  
850 19th St S | Sartell, MN 56377





# COFFEE & CONVERSATION

9:00 – 10:00 Thursday mornings

Sartell Community Center - 850 19th St S



A limited number of in-person spots are available for Coffee and Conversation.

You must call in (320-258-7324) and reserve your space by Tuesday of the week you want to attend. Some presentations will be on zoom. Please see weekly email blast for most up-to-date information or email Ann at [doyscher-domres@sartell.k12.mn.us](mailto:doyscher-domres@sartell.k12.mn.us) with inquiries.

**MAR 04, 2021 - Jessica Lundsetter, Celebration Lutheran Community Free Community Store Coordinator.** Join us to hear about how the Celebration Lutheran Free Community Store got its start. Learn who they serve and how they stock the “store”.



Kelly Springer

**MAR 11, 2021 - Kelly Springer, partner at Willenbring, Dahl, Wocken & Zimmerman, PLLC - Wills, Estate Planning and Long Term Care.** Springer is an elder law and estate planning/probate attorney, and certified real estate specialist.

**MAR 18, 2021 - Lori Eich, United Way of Central MN, Retire United** is a way to keep seniors in our community connected to United Way through a variety of volunteer opportunities. The group has been participating in a Retire United Road Show meeting virtually with like-minded volunteer groups across the country in an attempt to learn from each other’s senior communities. The group will be launching a membership structure soon.

**MAR 25, 2021 - Ken Ramler, Intro to Pickleball** - Come dressed for some pickleball fun. Ken will demonstrate how to play, the rules and scoring of pickleball. We’ll have all the equipment for the fun and active Coffee and Conversation!

\*\*\*\*\*

**APR 01, 2021 - Gene Nicoletti, AARP Virtual Program via Zoom** - The AARP HomeFit Workshop provides information to participants on how to decide what type of home modifications are needed to stay in their home as they age. It also provides ideas and inspiration on making those modifications. The goal of the presentation is to educate participants on home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury free in their home.

**APR 08, 2021 - Jake Hutt, Client Manager and Regenerative Specialist, Benefits of Regenerative Medicine and is it right for you?** - Rejuv Medical Participants will be educated on the newer non-surgical alternatives to manage or heal chronic pain. We will also talk about a variety of ways for a person to address their orthopedic needs without a procedure. Medicine is constantly evolving. Come learn how the body can heal itself without surgery.



Jake Hutt

**APR 15, 2021 - Kendra Norton Dando, Education Director for GREAT Theatre** will share how they have survived the pandemic and update on when they will return to producing live theater productions including a summer 2021 Broadway musical outdoors at the new Waite Park Ledge Amphitheater. She will also share how GREAT Theatre camps serve over 1,500 students at 17 locations throughout central Minnesota and opportunities for volunteering. She is happy to answer questions!

**APR 22, 2021 - Downsizing and Decluttering, AARP Virtual Program via Zoom** - You Can’t Take It With You - Having too much stuff can impede people for relocation or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started!

**APR 29, 2021 - Ted Manderfeld, one half of Deuces Wild** - Learn how Ted got his start playing the piano and how he turned his musical ability into a full time career.



## DayTrippers Theatre Trip *Sex Please, We're Sixty!*



Rose Cottage Bed and Breakfast has been successful for many years. The guests (nearly all women) return year after year. Bud, the next door neighbor, believes they come to spend time with him in romantic liaisons. When he gets his hands on a new experimental pill "Venusia", to increase the libido of menopausal women, comedy follows. But what would happen if Bud's Viagra pills get switched with the Venusia pills and what effect would it have on him?

Imagine *Grumpy Old Men* meets the *Golden Girls*. Pure comedy gold!

**DATE:** Friday April 23

**COST:** \$69.00 per person

**REGISTER:** call Ann at 258-7324

Leave Sartell Community Center by motor coach  
at **10:30 am** and return approx. **5:30 pm**.  
Price includes full buffet lunch, ticket and  
coach bus transportation.



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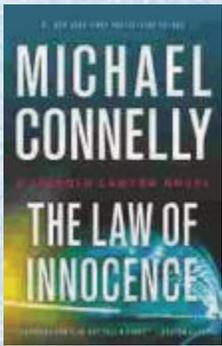

Library Corner...

Hello, Book Lovers!

Warm up with a good book. A group of good books is certainly the recipe for this cold weather and COVID isolation! Visit the Sartell library and find lots of great books that you would like to curl up with on a cold evening! The Sartell library has been receiving many donations and our wonderful volunteers have been busy sorting and organizing the book donations to be placed on the library shelves.

The library volunteers are also removing books from the shelves, that have not been read in the last two years. We are donating them to other organizations. Now we have room on the shelves for our new donated books. A student volunteer is working on labeling all the new donated children's books and shelving them. We are so lucky to have Allie helping each afternoon! If you are interested in helping at the library, we hope to have a new volunteer training in May or June, after more people have had their vaccinations. Thank you, Gayle Smoley

Book Review - The Law of Innocence by Michael Connelly



If you are a fan of Michael Connelly this book doesn't disappoint. But be forewarned it's not about his most popular protagonist Harry Bosch. The story revolves around his half brother Mickey Haller. You may remember Mickey from the book and movie Lincoln Lawyer. Mickey is a talented but unconventional defense attorney who travels the City of Los Angeles in his office, his old school Lincoln automobile, representing the little guy.

Framed for murder and incarcerated Haller decides to defend himself ignoring the old adage that a lawyer who represents himself has a fool for a client. Not satisfied to avoid a conviction he is consumed by the need to prove his innocence and identify the real killer all from his jail cell. With plenty of interesting characters, with twists and turns this book pleases through the last page. 4 1/2 stars out of five!

...submitted by William A. Smoley

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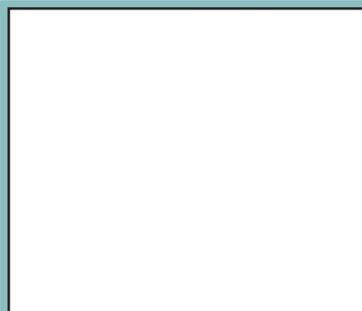
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## 55+ Driver Discount Program



This driver improvement course is taught by MN Hwy Safety Center trained instructors. The class will explore changes in laws, the latest vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55+.

Driver Discount - 4 Hour Refresher

**DATE:** Wednesday, March 24, 2021

**TIME:** 5:00 – 9:00 pm

**COST:** \$24.00

**LOCATION:** Sartell Community Center

Driver Discount - 4 Hour Refresher

**DATE:** Monday, April 12, 2021

**TIME:** 12:30 – 4:30 pm

**COST:** \$24.00

**LOCATION:** Sartell Community Center

For more information or to register, visit their website [www.mnsafetycenter.org](http://www.mnsafetycenter.org) or call TOLL FREE 1(888)234-1294 or locally 320-308-1406

## Nordic Walking - The Best Walk



Why just walk when you can Nordic Walk? The pandemic helped you become a "walker" and now with poles in hand you can take that walk to the next level and enjoy a more up-

right balanced posture, work your whole body and improve your overall fitness. Learn about the benefits (cardio fitness, weight management, bone density, less pain, more confidence) and the specifics of the poles followed by instruction on basic technique and your first Nordic walk. The second week gives us time to work on our technique and begin to maximize the upper body workout with the poles. It's fun, it's easy to learn and it's a great activity to share with family and friends. This class is suitable for all levels of fitness, we won't ask you to walk further or faster than what is comfortable for you. Poles will be provided for use in class. Wear good walking shoes and come prepared to walk with more energy and less stress!

**DATES:** Wednesday, April 21 and 28

**TIME:** 6:00 pm

**REGISTER:** call Ann at 258-7324

**Fee:** \$20 minimum 5 and maximum 20

## Taste of Nordic Walking

Treat yourself to a taste of Nordic Walking and turn your everyday "vanilla" walk into a "hot fudge sundae" kind of walk. With poles in hand you will enjoy a more upright posture, work your whole body and improve your overall fitness. Drop in for just a taste, poles and a quick introduction to basic technique at the Sartell Community Center. Wear your walking shoes to step out on the trail, chin up - shoulders down and back, and try it for yourself. It will "taste" so good we know you'll be back for more!

**DATE:** Saturday, May 1

**TIME:** 10:00 am to noon

Free, but please pre-register by calling Ann at 258-7324

## Twisted Fabric Twine Mug Rug

Do you have oodles of fabric scraps? Making twisted fabric twine is a great easy way to use up those scraps and make them into cute Mug Rugs or what we used to call coasters! Bring your scraps to share and learn how to make fabric twine and the mug rugs. Some sewing experience is helpful. Must have good manual dexterity. Supply list sent prior to class.

**INSTRUCTOR:** Ann Doyscher-Domres

**DATE:** Thursday, April 29

**TIME:** 6:00 - 8:00 pm

**COST:** \$10.00

**REGISTER:** call Ann at 258-7324

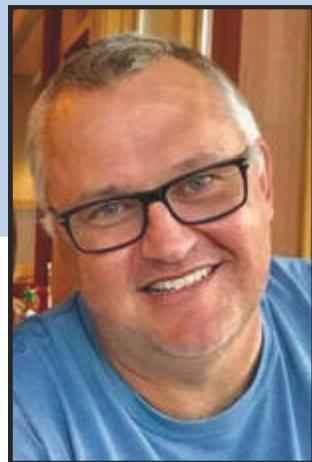


## Zoom Classes with Jay Grammond

All classes are from 6:30-7:30 pm with a cost of \$24 each

To register - call Ann at 258-7324

You will receive your zoom link prior to each class



### A Cure for Cabin Fever: Backyard Photography

Are you feeling like you have had enough of Winter? Can't wait to get out of the house? Join Professional Photographer Jay Grammond as he leads us on a photographic journey of possibilities that will get you out of the house and into your own yard, or local park this Spring and Summer. You will learn to see and compose creatively; how to create or look for great backgrounds; what subjects to focus on; and helpful Apps and Resources that could help you create your best images yet!

**DATE: Thursday, April 8**

### One Last Time: World War II Veteran Stories Part 1

Members of the "Greatest Generation" are leaving us at an alarming rate. Photographer and Amateur Historian Jay Grammond planned and facilitated a WWII History Series in Elk River for 13 years. In that time, he got to know numerous people who lived during that time in history. Holocaust, and Japanese-American Internment Camp Survivors, Homefront Workers, Allied POWs, Veterans from all branches and Theatres, and in one case, even a German Soldier who fought the whole war on the Eastern Front! In this presentation, Jay is going to tell you about some of these people who participated in his History Series, and are sadly, no longer here. One Veteran even stated, "This will probably be my last time telling this story." Don't miss this unique insight into the lives of these amazing people.

**DATE: Thursday, April 15**

### A Look Back: Stories from the Attic

Did you know that people used to use stacks of newspaper as insulation in the house walls?! Several years ago a friend of our instructor knew of some remodeling that was being done at a family member's house. During that project, they found a bunch of newspapers from the 1940s tucked in the walls of the attic! This class will feature a virtual walk back in time. We will look at the headlines of the day; what was being advertised in those days; and what the ever popular "comics" section looked like! Amateur historian Jay Grammond will weave these pieces together to take you on a virtual walk back in time.

**DATE: Thursday, April 22**

## Meet New City of Sartell Employee

**Nikki Sweeter - Engagement Specialist**

### Tell us about a typical day in your role:

I love my role because it is different every week! I get the variety of working with Sartell Chamber members, visiting with Sartell businesses, doing social media, and putting on events for our community to enjoy- I feel so fortunate to have such a variety.

### What do you really love about the job:

Events are definitely the highlight of my job. There truly is nothing better than providing our community fun and safe ways to get out and enjoy Sartell or giving businesses the opportunity to connect with residents in a completely different environment. Seeing all of the hard work come together at an event is just so cool.



...EMPLOYEE continued on page 7

**EMPLOYEE continued from page 6...**

**Tell us a few interesting things that people might not know:**

- ♦ My husband and I started dating when we were sophomores in high school.
- ♦ I love hockey! I grew up watching my older brother play through college and still enjoy watching it...and all sports for that matter.
- ♦ I was voted "most involved" in my high school yearbook...I guess some things never change!

**Tell us about your community involvement:**

I love that my community involvement and my job are so closely related, it allows me to help a variety of organizations. I am on the Country Lights Festival Board, Summerfest committee, Curriculum Committee for the Sartell-St. Stephen School District, and I run the Sartell Chamber and Everything Sartell Boards.

**Tell us about your family:**

My husband, Jake, and I have been married for almost 10 years and we have two daughters Julia (5) and Ruthie (2). We live in the Morningstar Neighborhood, only a few blocks from where I grew up. Since Jake and I are both from Sartell we have a lot of family and old friends close by, which we love! Jake plays baseball for the Sartell Muskies amateur team so our lives consist of baseball and spending time at the lake.

**What drew you to Sartell:**

I have lived in Sartell since I was 8 years old. After high school I moved away to go to college and start my career. It didn't take long for us to realize our hearts belong in Sartell. We moved back to be closer to family, for our kids to attend the great school district and to be part of a tight knit community.

**What are you excited about for Sartell:**

There is so much potential in Sartell. I look forward to finding new and innovative ways to get the residents in our community out and about and explore our City and getting new businesses to call Sartell home. There is a lot more FUN to come!

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- ♦ Packaged in microwave and oven safe containers.
- ♦ Easy to heat and eat.
- ♦ Meals are not diet specific meals, but all meals prepared with no salt added.

**Non-income based** - can receive meals on site.  
Call 320-229-4584 with questions.

Celebration Lutheran Church  
1500 Pine Cone Road N. Sartell  
320-255-0488

4th Mon. of the Month  
8:00 am - 10:30 am

Sartell Community Center  
850 19th St S  
Sartell, MN 56377

Wed, March 31st,  
9:30 am - 11:00 am



4th Mon. of the Month  
8:00 am - 10:30 am

**Nutrition Assistance Program for Seniors**

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Who is eligible?

- \* Men & women 60 years and older.
- \* Determined by household size & gross income.

Household size - Gross Monthly Income

1	\$1,383
2	\$1,868
3	\$2,353
4	\$2,839

**Income based** - must sign up ahead of time.

1-800-484-8241

REP: Olga Patiuk 651-209-7937

[2harvest.org](http://2harvest.org)



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# WELLNESS

## IS STIGMA KEEPING YOU FROM GETTING A HEARING AID?

According to the National Institute on Deafness and Other Communication Disorders, only one out of five people who could benefit from a hearing aid wear one. Some simply don't know that they need one. Others don't want to feel old.

But much of the stigma surrounding hearing aids rings false. Siemens Hearing Instruments, ([www.medical.siemens.com](http://www.medical.siemens.com)), one of the largest manufacturers of hearing aids in the world, busts the following myths about hearing aids:

### Myth #1: Hearing Aids Will Make Me Look Old

Modern hearing aids are sleeker, better-looking, and more effective than the clunkers you remember your grandparents wearing. And nothing makes you seem old like constantly asking people to repeat themselves or speak louder.

### Myth #2: Hearing Aids Will Make Me Hear Screeching Noises

This problem, called "feedback," is caused when the microphones in the hearing aid amplify one another. Some hearing aids offer features that prevent feedback. For example, Siemens offers a line of hearing aids equipped with BestSound Technology, which features a feedback stopper.

### Myth #3: My Hearing's Not Bad Enough for Hearing Aids

Actually, it's better to start wearing hearing aids at the first sign of hearing loss. If your brain gets used to not processing sounds, you will have a harder time adjusting when you do get a hearing aid.

### Myth #4: Hearing Aids Won't Work for Me

You may have heard friends say that they gave up on hearing aids, but that doesn't mean the devices won't

work for you. Look for hearing aids that offer a wide range of features that might be right for different listening situations. For example, Siemens BestSound Technology offers special features for automatically focusing in different directions and learning your preferences for different environments.

### Myth #5: Hearing Aids Will Make My Hearing Worse

A properly fitted and maintained hearing aid will not damage your hearing. Visit an audiologist to make sure you purchase a hearing aid that will work for you.

(Courtesy of NewsUSA)

MARCH | 2021

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# PUZZLES OF THE MONTH

## Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

## ENIGMA™ CRYPTOGRAM

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

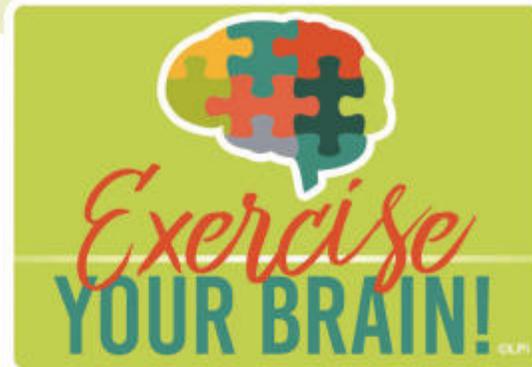
"KH UKD EDHB SDG MJHQHSG L  
NJATH UKHS KH NLS, HSNDWJLIHB  
AG."

— BSHSNL

PREVIOUS SOLUTION: "He who does not prevent a crime when he can, encourages it." — Seneca

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

Answer to Sudoku



## CROSSWORD PUZZLE

- ACROSS**
- 1 Luzon people
  - 4 Fastener
  - 8 Inspire
  - 12 Eat
  - 13 Vivacity
  - 14 Bad (pref.)
  - 15 According to (2 words)
  - 16 Pallid
  - 17 Biblical giants
  - 18 Ankles
  - 20 Site of Hannibal's defeat
  - 22 N. Caucasian language
  - 25 Glacial pinnacle
  - 28 Tube
  - 31 Gambol
  - 33 Bantu language
  - 34 Commotion
  - 35 Son-in-law
  - 36 Standard (abbr.)
  - 37 Self (Scot.)
  - 38 Nutmeg husk
  - 39 Migratory worker
  - 40 Siberian antelope
  - 42 High definition television (abbr.)
  - 44 Yemen capital
  - 46 Rockies peak
  - 50 Yahi tribe survivor
  - 52 "Cantique de Noel" composer
  - 55 Age
  - 56 Sign
  - 57 Inclined way
  - 58 Turk. title
  - 59 Defy
  - 60 Revise
  - 61 The (Ger.)
- DOWN**
- 1 Anti-satellite (abbr.)
  - 2 Non-ferrous alloy

D	E	R		I	E	D	E	D				
A	G	A		P	A	M	P		N	E	N	O
E	R	A		A	D	A	M		E	R	A	
L				E	O	L						
S				V					A	I	G	A
E				L					H	D	T	L
K				I					O	K	I	E
S				T					D	E	N	E
P				I					D	I	D	O
C				S					E	R	A	C
A				V					Z	A	N	A
A				L					P	A	L	E
S				S					E	L	A	N
I				A					C	A	C	O
R				A					T	A	C	K

- 3 Three-banded armadillo
- 4 Mild
- 5 Axilla
- 6 Rom. first day of the month
- 7 Slavic prince
- 8 Environment
- 9 Atle
- 10 Here (Fr.)
- 11 Read-only memory (abbr.)
- 19 Fr. author
- 21 Heb. zitherlike instrument
- 23 Fancy
- 24 Easy job
- 26 High (pref.)
- 27 Pet lamb
- 28 Approve
- 29 Design
- 30 Emery
- 32 Act
- 35 Federal agent
- 39 Egg (pref.)
- 41 Pedestal for a bust
- 43 Allure
- 45 Berne's river
- 47 Conduct
- 48 Goad
- 49 Moselle tributary
- 50 Iodine (pref.)
- 51 Small (Scot.)
- 53 Family member
- 54 Male friend (Fr.)

1	2	3	4	5	6	7	8	9	10	11		
12			13					14				
15			16					17				
18			19			20	21				22	27
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50	51				52	53	54			55		
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59					60					61		

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State Capitals



1. Native American tribe of the Great Plains. \_\_\_\_\_
2. In Greek mythology, a long lived bird. \_\_\_\_\_
3. A variety of grapes. \_\_\_\_\_
4. A town in central Minnesota. \_\_\_\_\_
5. A frosted breakfast roll. \_\_\_\_\_
6. Popular dance in the 1920s. \_\_\_\_\_
7. A port city in on England’s eastern coast. \_\_\_\_\_
8. Most populous capital city w/o a major U.S. sports team. \_\_\_\_\_



Restaurant Logos

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Answers on page 10

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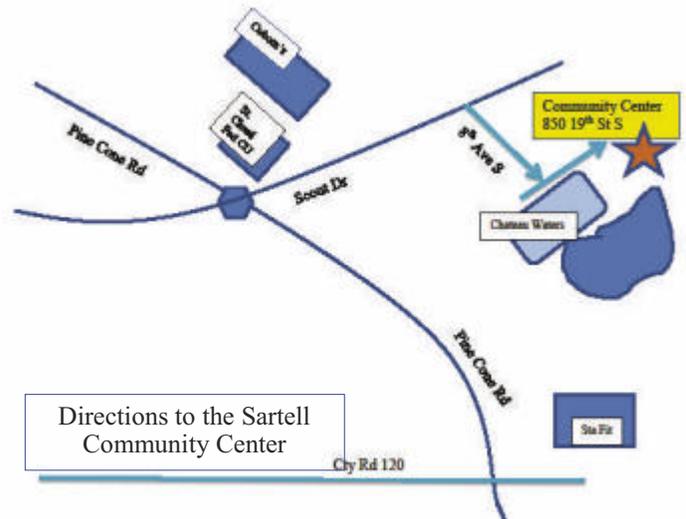
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