

Seasons

Roseville Area Senior Program Newsletter

Proud to be a part of Roseville Area Schools and Community Education

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February is Heart Health Month

February is known for hearts and love. It is also a time for you to focus on loving your own heart.



Heart disease is one of the leading causes of death for men and women. In the United States, someone has a heart attack every 40 seconds. High blood pressure, high blood cholesterol and smoking are some of the risk factors for heart disease.

What can we do to help reduce our risk of heart disease?

- Exercise at least 30 minute per day
- Quit smoking
- Eat a heart healthy diet – eat more fruits and vegetables and limit saturated fats, salt, and fatty meats
- See your doctor – have regular check-ups and monitor your blood pressure, cholesterol and any health conditions you may have
- Maintain a healthy body weight
- Limit stress – find healthy ways to relieve stress

Common heart attack symptoms are:

- Discomfort, pressure, squeezing in your chest or arms that may spread to your neck, jaw or back
- Nausea, indigestion, heartburn or abdominal pain
- Shortness of breath
- Cold sweat
- Fatigue
- Lightheadedness or sudden dizziness

Women may not experience the chest pain and may experience different symptoms:

- Pain in the neck, back, shoulders, or jaw
- Pain in one or more arms
- Dizziness or fainting
- Unusual or unexplained fatigue, possibly for days

If you think you are having a heart attack it is important to seek help right away. It's not too late to start taking care of your heart.

Locker Clean Out



As the work continues on the new building we are continuing to clean out and pack up our current building. If you have a locker at Fairview, you will need to clean it out by Friday, February 26th.

Starting in March, all lockers will be cleaned out and items tossed or donated.

Roseville Area Senior Program

Your Local One-Stop Shop for Older Adult Learning & Services

Roseville Area Senior Program (RASP)

Fairview Community Center
1910 County Road B West
Roseville, MN 55113

651-604-3520
rasp@isd623.org
www.isd623.org/RASP



MEALS ON WHEELS

We provide daily, fresh or frozen, nutritionally balanced noontime meals Mon-Fri for Roseville Area School District adults over 60 and certified disabled adults who are unable to prepare or access food, or choose not to cook themselves.

This service is more than just a meal. Meals on Wheels also serves as a critical wellness visit by volunteers for homebound older and disabled adults. Advance registration is required to start this service. There is a service fee. You may qualify for a sliding fee amount based on your annual income.

NEW PARTICIPANTS:
651-318-9091

CURRENT PARTICIPANTS:
651-604-3524

The Roseville Area Senior Program is closed during the COVID 19 pandemic. Reopening date is undetermined at this time. Please visit our website at: www.isd623.org/RASP for updates. Meals on Wheels service continues during the closure.

EDUCATIONAL, SOCIAL, HEALTH & WELLNESS GROUPS & CLASSES

In the spirit of life-long learning, we offer a variety of formal and informal educational self-directed groups and classes. Whether you like to dance, use the computer, learn a new skill, gather to meet friends, or make new ones, there is something of interest for everyone. If you have an idea for a new class, activity, or group, please contact us. Activity or class fees may apply.

RASP'S DROP-IN LOUNGE (Currently unavailable due to COVID-19)

Adults of all ages are welcome to visit our drop-in center. There is an older adult resource area, informal games, daily newspaper, TV, and drop-in computer station. FV 114, 50¢ Donation

VOLUNTEERS - 651-604-3520

Volunteers of all ages assist our program in many ways: Meals on Wheels drivers and packers, medical appointment drivers, office receptionist/data entry, special interest group leaders, special event help, friendly visitors, fundraising, and more. There is a place to make your own special contribution. Contact us for current opportunities.

PUBLICATIONS

Our newsletter, Seasons, is the best source for up-to-date information about our current activities and services. If you are interested in receiving the bi-monthly Seasons newsletter by email or through the postal service, please contact the RASP office. Detailed RASP activities and services are also listed throughout this brochure.

TRANSPORTATION - 651-604-3535

(Currently unavailable due to COVID-19)

Transportation – Medical Rides Service

Medical Ride Service volunteer drivers use their own vehicles to provide rides to medical and dental appointments for people who can walk with minimal assistance.

- Riders are asked to limit requests to one ride per week.
- The rider is responsible for paying any parking fees during the ride.
- The medical ride service is available to residents in the RASP service area (ISD 623).
- RASP medical rides operate within a ten-mile radius of the Fairview Community Center.

Suggested donation for a roundtrip medical ride is \$10. Drivers cannot accommodate wheelchairs, and can provide minimal assistance getting in and out of the vehicle. Please allow at least one-week notice scheduling your medical ride. Payment is made to the Roseville Area Senior Program, 1910 County Road B West, Roseville, MN 55113.

Registration must be completed before rider receives transportation. For registration information, call or email the RASP office. Ph: 651-604-3535; Email: rasp@isd623.org.



2020 has been the year to explore new interests in my household. My 16 year old daughter has spent much of the pandemic exploring new skills like baking, sewing, painting, creating, cleaning,

organizing, and learning. She has been exploring what energizes her and trying to find her spark.

Dr. Benson, from the Search Institute, says "A spark is something that gives your life meaning and purpose. It's an interest, a passion, or a gift."

The Search Institute works with children and helping them find their sparks. As adults we often forget about our sparks because we get busy with work and families. The interests and passions we had when we were younger are now replaced with deadlines,

yard work, and the interests of our children and grandchildren. When I was a child I loved to read and would read entire books in a day or two and then move onto the next book. Now I'm lucky if I read two books in a year. When did I lose that spark?

It's not too late for us to reignite our sparks. We can take advantage of this time and find what brings us joy.

Here are some ideas on where to start:

- Spend time remembering what brought you joy as a child. Was it reading, painting or helping others?
- What have you always wanted to try? Take an online class, watch a YouTube tutorial, or grab some paint and paper and start creating.
- What gives you energy when you do it?
- What cause or project is worth fighting for?

I will be following my daughter's lead and working to find my spark and nurturing it to help it grow.

Kris

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Support the Roseville Area Senior Program



The Roseville Area Senior Program (RASP) has improved the lives of hundreds of older adults, and has helped them maintain their independence and remain in their homes

longer. Normally, you would find RASP providing a full spectrum of classes, activities and services at the Fairview Community Center. However, we have been closed to participants since March 16th due to the COVID-19 pandemic.

Even though our senior lounge is closed, the work has not stopped. We are offering online classes, we are supplying Meals on Wheels, we are sending out the Seasons Newsletter, and we are available to help answer questions by phone or email.

The COVID pandemic has shown us that it not only takes a village to raise a child, it also takes a village to deliver Meals on Wheels. From January through October, 2020 we have delivered 2937 more meals than last year for the same time and the meal counts are continuing to rise. We deliver meals to nearly 150 of our neighbors, friends and family members in Roseville, Little Canada, Lauderdale, Falcon Heights, Como Park/St. Paul, and parts of Maplewood, Arden Hills and Shoreview. Meals on Wheels is more than a hot, nutritious meal, it's a wellness check and a friendly greeting from a volunteer.

We are thankful for our volunteer drivers and meal packers who are lifting spirits daily. We are following COVID precautions, meals are placed in a plastic bag, set at the door, then ring the bell, and step back 6 feet, and say "hi" when

they come to the door. We ask all volunteers to wear masks and we have gloves and hand sanitizer available.

RASP makes it happen because of the generous support from people like you. Every donation helps maintain a high quality of life for our older citizens. Please help us continue our mission to serve community members during the global pandemic. Your tax deductible gift makes a difference! It helps reduce barriers for the most vulnerable and needy.

If you are able please donate by check to:
Roseville Area Senior Program
1910 County Road BW
Roseville, MN 55113

With gratitude,
Kris Rossow, Manager
Roseville Area Senior Program

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For ad info. call 1-800-950-9952 • www.lpiseniors.com

Roseville Area Senior, Roseville, MN B 4C 02-1033

Fairview Building Update

If you haven't driven by Fairview lately, our new building is taking shape. It is amazing how quickly it has gone up; they started clearing the trees in mid-March, 2020 and by the end of August, 2021 we will be moving into our new building. We are over half-way there.

With any move, one of the hard parts is the packing. We have been going through closets, classrooms and storage areas trying to clean out the clutter and pack up what we need to keep but won't need until we move. When you're talking about a whole building it makes for a lot of boxes and furniture!



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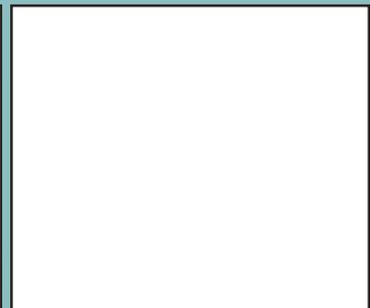
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For ad info. call 1-800-950-9952 • www.lpiseniors.com

Roseville Area Senior, Roseville, MN C 4C 02-1033

Defensive Driving Classes 55+

Defensive Driving via Zoom

Due to the COVID-19 pandemic, this class will be offered through Zoom, a video conferencing program. Prior to the class, you will be emailed a link to attend the class through your computer, tablet or smartphone. Call if you have not received a zoom link a day in advance.

Information on joining a zoom meeting can be found here:

<https://support.zoom.us/hc/en-us/articles/201362193-joining-a-meeting>



55+ Defensive Driving - 4 Hr.

The Refresher 4-Hour class is for those who have taken the National Safety Council's 8-hour course. You can take the 4-hour refresher course every 3 years to continue your discount. No driving test required. No senior discounts apply.

Mon • Jan 11 • 8:30am-12:30pm • \$26
Online Zoom Class
Class ID # S5020-10

Thurs • Jan 14 • 5:30pm-9:30pm • \$26
Online Zoom Class
Class ID # S5020-11

Weds • Jan 27 • 12:30-4:30pm • \$26
Online Zoom Class
Class ID # S5020-1

Mon • Feb 1 • 12:30-4:30pm • \$26
Online Zoom Class
Class ID # S5020-2

Tues • Feb 9 • 5:30-9:30pm • \$26
Online Zoom Class
Class ID # S5020-3

Fri • Feb 12 • 8:30am-12:30pm • \$26
Online Zoom Class
Class ID # S5020-4

Tues • Feb 16 • 1:00pm-5:00pm • \$26
Online Zoom Class
Class ID # S5020-5

Tues • Feb 23 • 8:30am-12:30pm • \$26
Online Zoom Class
Class ID # S5020-6

55+ Defensive Driving - 8 Hr.

Improve your driving skills and get a discount on your personal auto insurance. The Defensive Driving Course teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. The class consists of lecture, films and discussions. There is no behind-the-wheel driving and there are no tests. No senior discounts apply.

Mon • Feb 15 & 22 • 8:30am-12:30pm • \$31
Online Zoom Class
Class ID # S5021-1

Classes

A Road Trip Around Minnesota: Lakes & Waterfalls

Join Professional Photographer, Jay Grammond as he takes you on a Virtual Road Trip around the state to learn about some of Minnesota's waterways which were so vitally important to travel and trade in bygone days. In today's world, these same waterways are vital to the State's and local community economies; and to the citizens as a form of recreation and relaxation. After participating in this class, you should come away with the seeds of your own road trip ideas planted and ready for Spring and Summer.

Thurs • Feb 18 • 6:30-7:30pm • \$25
Online Zoom Class
Class ID # S5036

Experience History with a Paranormal Twist On an Armchair Tour Through Haunted Anoka

Join us on a virtual trip through forgotten Anoka to hear the stories of the people who once lived there and, according to

some, are still hanging around. During this presentation your guide will tell you of long ago Anoka - of the Jackson Hotel, now Billy's, the old Post Office, Colonial Hall, the Masonic Lodge, and some infamous residences, all haunted, of course.

Tues • Feb 23 • 7-8pm • \$19
Online Zoom Class
Class ID # S5031

Climate Change in MN Gardens

The climate is changing and that will affect Minnesota gardens. Learn about what to expect and how to adapt to grow a more resilient landscape.

Mon • Feb 22 • 6:30-8pm • \$15
Online Zoom Class
Class ID # 3503

The Stories We Leave Behind Workshop

This 5-week workshop is a hands-on opportunity to create a personalized action plan to save your best stories and reclaim your space. Each week we will

tackle one aspect of the process: how to be ready; envision tomorrow; discover your themes; curate and cast items; and tackle the stuff.

Mon • Feb 28 - Mar 8 • 6-7pm • \$59
Online Zoom Class
Class ID # S3531

Pruning Trees and Shrubs

Woody plants like trees, shrubs, and some flowers benefit from regular pruning to encourage healthy growth while avoiding potential problems. Learn the basics of how to care for your woody plants.

Sat • Jan 16 • 9-10:30am • \$15
Online Zoom Class
Class ID # 3502

Classes via Zoom Due to the COVID-19 pandemic, some classes will be offered through Zoom, a video conferencing program. Prior to the class, you will be emailed a link to attend the class through your computer, tablet or smartphone. You can register at: isd623.ce.eleyo.com Information on joining a zoom meeting can be found here: <https://support.zoom.us/hc/en-us/articles/201362193-joining-a-meeting>

Classes

How Do I Take a Live Class with Zoom?

Most adult instructors use Zoom for live/virtual classes such as exercising, cooking, painting, computers, etc. Author and computer instructor Mike Wilson offers this free and easy session to help you understand the process of “getting to your classroom” and using Zoom.

Tues • Jan 26 • 10-11am • Free
Online Zoom Class
Class ID # S5511-I

Save Time and Money with an Easy Computer Tune Up

Save money and fix your computer yourself! No great skills needed. Use three proven free online software to fix most software related issues like malware and viruses with a few clicks of a button! Speed up your computer in no time! (Not for Apple/Mac users.)

Weds • Feb 17 • 7-8pm • \$20
Online Zoom Class
Class ID # S5518-I

Should I Click on That?

Are you frustrated with strange things that pop-up on your computer? Your friendly instructor Mike Wilson will inform you about what you should and should NOT click on. Computers were made to enjoy and not have the user stuck with unknown and frustrating things that occur. Here is what Mike will define and demonstrate: Online Safety; Scams to Know About; Frustrating and Suspicious Popups; Turning on Popup Blockers; Friendly Windows 10 Notifications; Advertisements; E-mail Ads and Links, Knowing What to Click On; Malware Protection; Do Your Research; Downloading Files, Cookies and Your Browser; Updates, Get Control of Your Device, and The Real from the Counterfeit! (Not for Apple/Mac users, or tablets.)

Thurs/Fri • Jan 14 & 15 • 12-1:15pm • \$35
Online Zoom Class
Class ID # S5515-I

Sat • Feb 20 & 27 • 11-12:15pm • \$35
Online Zoom Class
Class ID # S5515-2

Minnesota Medal of Honor Recipients from the Civil War to Vietnam

In June's presentation, you will meet a 14 year old Orphan who was awarded the Medal of Honor for heroism during a Civil War battle; the Schoolmaster who took his students to war, dooming their home town to oblivion; a Buffalo Soldier; a World War I soldier who was awarded TWO Congressional Medals of Honor; the Commander of the USS Arizona who went down with his ship at Pearl Harbor; a Hungarian Freedom Fighter who signed up to fight in Vietnam; and a host of other brave men who fought and died for their country.

Thurs • Jan 21 • 7-8pm • \$19
Online Zoom Class
Class ID # S5030

Low Impact Aerobics with Core and Balance

This smooth-going class features a wide range of movements intended to make muscles strong and flexible, keep joints mobile, improve balance and coordination, and lift your mood. Instruction accommodates using a chair for balance and seated work or do the whole class seated while you build strength. Recommended tools include a set of weights (canned goods or full water bottles can be used instead) and a stretchy band.

Mon • Jan 11 - Apr 26 • 9-9:45am • \$135
Online Zoom Class
Class ID # 3025
no class Jan 18

Work On Strength

Does variety in your exercise routine help keep you motivated? This class mixes it up: Improve your strength, mobility, stability, and flexibility through a combination of aerobic work, body weight, and hand weights. Recommended tools include a lighter and a heavier set of weights (canned goods or full water bottles can substitute) and a stretchy band.

Weds • Jan 13 - Apr 28 • 9:30-10:15am
Online Zoom Class
Class ID # 3026 \$145

Strengthen and Lengthen

This is a floor-based class built on deep breathing and core muscle development. These body-stretching exercises are designed to improve your flexibility and alignment as you build and maintain your core strength. You will leave feeling stronger in body, taller in posture, and lighter in body, mind, and spirit. Recommended tools are a yoga mat.

Thurs • Jan 14 - Apr 29 • 9-10am • \$145
Online Zoom Class
Class ID # 3028

T'ai Chi Chih for Life

Achieve a healthier mind, body, and spirit through an inner discipline that focuses on balance and circulation. T'ai Chi Chih is a slow-moving meditation that is fun, easy, and enjoyable to learn and do. Reported benefits include reduced stress, strengthened immune system, weight and blood pressure control, improved focus, creativity and flexibility. Gentle movements can be done by anyone regardless of age or physical capabilities. Comfortable clothing recommended.

Tues • Jan 26 - Mar 9 • 5-5:30pm • \$35
Online Zoom Class
Class ID # 3008-I

Chair and Standing Yoga

Did you know that more than 55 million Americans are practicing yoga this year?

In this body-friendly class, try out yoga either sitting in a chair or standing, using the chair for balance and support. Yoga can be described as movement to promote strength, flexibility, better breathing (guaranteed to help you feel better), and relaxation. Benefits of yoga include improved mental focus, lower blood pressure, and better sleep. Recommended tools are a yoga mat.

Mon • Jan 11 - Apr 26 • 1:00-1:45pm • \$135
Online Zoom Class
Class ID # 3027-M
no class Jan 18

Tues • Jan 12 - Mar 15 • 9-9:45am • \$145
Online Zoom Class
Class ID # 3027-M

Tracking COVID-19 in the Roseville Area Schools Community

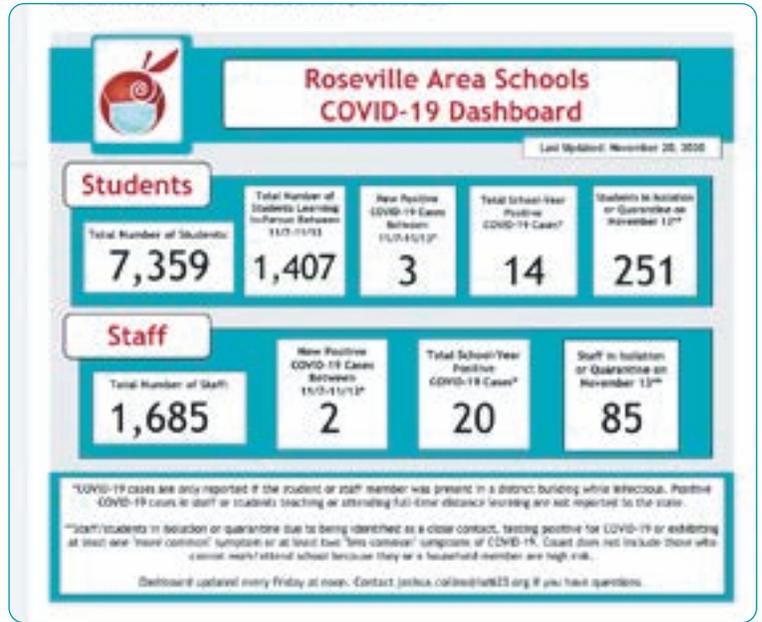


ABOUT OUR DASHBOARD

Roseville Area Schools is actively tracking lab-confirmed positive COVID-19 cases among our students and staff. We are working in close partnership with the Minnesota Department of Health and the state's regional support team for contact tracing and notifications to

close contacts of positive cases. The dashboard above shows the number of lab-confirmed positive COVID-19 cases in Roseville Area Schools staff and students who were present in a district building while infectious in the previous week. It also shows the cumulative number of such cases this school year, and the number of students and staff who are unable to be in school because they are in isolation or quarantine. Data reported lags by one week in order to accommodate data entry and calculation.

The Minnesota Department of Health reports on school buildings with five or more confirmed cases of COVID-19 in students or staff who were in the building while infectious during the state's most recent two-week reporting period. School buildings are removed from the list once they have not reported a new case for 28 days.



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City of Roseville - Parks & Rec



NOTE: Due to the COVID-19 pandemic, program and events schedules are subject to modification.
Visit www.cityofroseville.com/parks or call (651) 792-7007 for up to date information.

To register for a Roseville Parks & Rec Class, go to: www.cityofroseville.com/parks or call 651-792-7006.

Roseville Skating Center - Walking Track

A safe way to get your steps in during those cold, winter months. Simply walk around the upper track of the indoor ice arena. Masks and sign in REQUIRED. Schedule can be found on online via skatetheOVAL.com. Free!

Open Indoor Pickleball

Pickleball is one of the fastest growing sports in the county. People of all ages find pickleball a fun way to exercise and meet new people. Please visit www.cityofroseville.com/parks or call 651-792-7006 to reserve your spot today!
* Due to COVID, pre-registration is required. Limited to first 24 participants be session.

Roseville School of Dance

Tap for Older Adults – Explore the fun and social aspects of tap dancing as an adult. Stay active this winter and participate in this popular class.

Fridays, February 5 – March 26

Beginner: 8:30 am

Intermediate: 9:30 am

Beginner 10:30 am

Fee: \$55; Registration opens January 5, 8:00 am

Roseville Skating Center

Skatercise- exercise while skating- Friday afternoons 1:15 – 2:30 pm. Call 651-792-7007 for more info



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Roseville Area Senior, Roseville, MN E 4C 02-1033

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LarsonT2@AllinaHealthAetna.us.com



To learn more about
our community, call
(651) 489-3293.



All faiths or beliefs are welcome.

January Flaming Spoon Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Roseville Area Schools Quality Teaching & Learning for All ...Equity in All We Do</p>	<p><i>Please note: Menus are subject to change</i></p>			<p>CLOSED NEW YEAR'S DAY HOLIDAY</p>
<p>4</p> <p>Sweet & Sour Meatballs Steamed Brown Rice Steamed Capri Vegetables Cinnamon Applesauce Fortune Cookies</p>	<p>5</p> <p>Chicken Ala King Mashed Potatoes Warm Buttery Biscuit Mandarin Oranges Brownie Wafers</p>	<p>6</p> <p>Beef Polish Sausage with Sauerkraut Whole Grain Bun Baked Beans Sweetened Strawberries</p>	<p>7</p> <p>Pepper Steak w/ Cooked Bell Peppers Steamed Brown Rice Green Beans Chilled Apricots</p>	<p>8</p> <p>Vegetable Lasagna Garlic Toast Steamed Broccoli Chilled Mixed Fruit Banana Cream Parfait</p>
<p>11</p> <p>Beef Stroganoff Egg Noodles Steamed Broccoli Chilled Peaches Cookie</p>	<p>12</p> <p>Candy Apple Porkchop Flat on a Whole Grain Bun Tartar Sauce Steamed Mixed Vegetables Chilled Peas</p>	<p>13</p> <p>Savory White Chicken Chili Warm Cornbread Steamed Green Beans Blueberries</p>	<p>14</p> <p>Tater Tot Hot Dish Steamed Corn Freshly Baked Wheat Roll Fruit Cocktail</p>	<p>15</p> <p>Spaghetti and Meat Sauce Chef's Choice of Vegetable Garlic Toast Chilled Pineapple White Cake with Icing</p>
<p>16</p> <p>CLOSED MARTIN LUTHER KING, JR HOLIDAY</p>	<p>19</p> <p>Roast Beef Carrot Coins Fully Whipped Potatoes Freshly Baked Wheat Roll Fruit Jell-O</p>	<p>20</p> <p>Mandarin Orange Chicken over Steamed Brown Rice Asian Stir Fry Vegetables Chilled Pineapple Fortune Cookies</p>	<p>21</p> <p>Beef Hash over Cubed Potatoes Whole Grain Roll Steamed Green Beans Banana</p>	<p>22</p> <p>Lemon Pepper Tilapia Rice Pilaf California Blend Vegetables Chilled Mandarin Oranges Fruit Cocktail</p>
<p>25</p> <p>Roast Beef Philly Sandwich with Peppers & Onions and topped with Mozzarella Cheese Steamed Carrots Mixed Fruit</p>	<p>26</p> <p>Turkey Tetrazzini Steamed Vegetables Warm Buttery Biscuit Apricots Sugar Cookies</p>	<p>27</p> <p>Lu's Homemade Meatloaf Baked Potato w/Sour Cream Monterey Blend Vegetables Freshly Baked Wheat Roll Banana</p>	<p>28</p> <p>Chicken Cacciatore Roasted Broccoli Garlic Breadstick Sweetened Strawberries</p>	<p>29</p> <p>Smothered Pork Loth with Mushroom Gravy Fully Whipped Potatoes Steamed Capri Blend Cinnamon Applesauce Chocolate Cake Wafers</p>

February Flaming Spoon Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Beef Slow Warm Buttery Biscuit Steamed Capri Blend Cinnamon Applesauce</p>	<p>2</p> <p>Raspberry Chicken Breast Rice Pilaf Roasted Seasonal Vegetable Fresh Pear Oatmeal Cookie</p>	<p>3</p> <p>Ham & Potato Cheddar Soup Whole Grain Roll Steamed Broccoli Apple Crisp</p>	<p>4</p> <p>Whole Grain Spaghetti with Meat Sauce Steamed Italian Vegetables Freshly Baked French Bread Blueberries</p>	<p>5</p> <p>Swiss Steak Baked Potato w/Sour Cream California Blend Vegetables Buttery Biscuit Sweetened Strawberries</p>
<p>8</p> <p>Beef Polish Sausage with Sauerkraut Whole Grain Bun Baked Beans Chilled Fruit Cocktail</p>	<p>9</p> <p>Stuffed Green Peppers with Tomato Sauce Steamed Cauliflower Freshly Baked Wheat Roll Chilled Fruit</p>	<p>10</p> <p>Chicken Pot Pie Warm Buttery Biscuit Fully Whipped Potatoes Cinnamon Applesauce Oreo Cookie</p>	<p>11</p> <p>S Salisbury Steak with Mushroom Gravy Fully Whipped Potatoes Steamed Carrots Banana</p>	<p>12</p> <p>Hamburger Wild Rice Hot Dish Peas & Carrots Freshly Baked Wheat Roll Fruited Jell-O</p>
<p>15</p> <p>Mandarin Orange Chicken Steamed Brown Rice Steamed Capri Vegetables Cinnamon Applesauce Fortune Cookies</p>	<p>16</p> <p>Cheeseburger on a Whole Grain Bun Baked Beans Chilled Peaches Chocolate Pudding w/Cream</p>	<p>17</p> <p>Pot Roast Meal with Carrots and Potatoes Baking Powder Biscuit Chilled Apricots</p>	<p>18</p> <p>Swedish Meatballs Egg Noodles Steamed Peas and Carrots Mixed Fruit White Cake Wafers</p>	<p>19</p> <p>Beef Goulash Chef's Choice of Vegetable Chilled Fruit</p>
<p>22</p> <p>Rollisserie Chicken Drumstick in BBQ Sauce Steamed Cubed Potatoes Vegetarian Garlic Beans Chilled Apricots</p>	<p>23</p> <p>BBQ Riblet on a Whole Grain Bun Cheesy Hash Browns Banana Brownie Wafers</p>	<p>24</p> <p>Lu's Homemade Meatloaf Baked Potato w/Sour Cream Monterey Blend Vegetables Fresh Pear</p>	<p>25</p> <p>Crispy Chicken Sandwich on a Whole Grain Bun Warm 3-Bean Salad Spiced Orange Peaches</p>	<p>26</p> <p>Chicken Noodle Hot Dish Steamed Mixed Vegetables Sweetened Strawberries Oatmeal Raisin Cookies</p>
				 <p>Roseville Area Schools Quality Teaching & Learning for All ...Equity in All We Do</p>

Meet the Senior Program Team!



Kim Palmer is the Program Secretary for the Roseville Area Senior Program. She has been working with Roseville Area Schools for 16 years and the Senior Program for 2 ½ years.

The favorite part of her job is talking with people. They make her smile everyday with their stories. She is a big fan of the meat loaf and lasagna that is sent out for Meals on Wheels.

If she could only eat one meal for the rest of her life it would be stir fry. Her favorite dessert is Crème Brule. Her favorite animal is kitties and puppies.

She has 2 children Kayla and Konner who are both RAHS graduates and she married her high school sweetheart Ron, 2 ½ years ago. When she's not at work she likes to spend time with family and friends, loves to read, cook, and daydream that she lives somewhere tropical.



DO YOU HAVE TECHNOLOGY QUESTIONS?

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, iPad or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Stream movies, musicals and news shows
- Schedule appointments with medical professionals over video

Call **1-844-217-3057**, email info@cyberseniors.org or

go to our website at www.cyberseniors.org to register for FREE webinars or to schedule FREE one-on-one help over the phone or via video conference.

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Roseville Alzheimer's and Dementia & Community Action Team



Rsvl A/D is working on virtual presentations to share with you on dementia, healthcare topics, COVID-19 impacts, etc.

Obviously, virtual scheduling is taking longer than anyone thought it would. Please check our Facebook page for details: <https://www.facebook.com/RsvlMNDementialInfo>

Meanwhile, information on activities, care partner support services, and resources for surviving the pandemic and restrictions are on the RsvlA/D webpage: www.cityofroseville.com/dementiainfo. The information is updated when warranted, roughly monthly.

The Dementia-Friendly Airports Working Group (DFAWG), an offshoot of the RsvlA/D group has been very busy since its founding in 2018.

DFAWG has a website, www.dementiafriendlyairports.com, which has information about our projects, including travel tips covering aspects of US air travel from booking to arrival, travel-related tools and resources, and COVID-19 US air travel policies.



DFAWG is delighted to inform you that the MSP International Airport has just adopted the Hidden Disabilities Sunflower Program, which we recommended. You can learn about the Hidden Disabilities Sunflower Program on www.hiddendisabilitiesstore.com.

Any person with a hidden disability can request a free sunflower lanyard at the airport. Airport staff have been trained to offer extra assistance to people wearing this symbol.

Would you like to receive the Seasons Newsletter via email? Just call or email us with your email address, and we will do the rest. This will help reduce the mailing expense for RASP. The Seasons Newsletter is published every-other-month.

Phone: 651-604-3520, Email: RASP@isd623.org

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CherrywoodPointe.com

We are accepting tours with screening and safety measures in place. This may be subject to change based on infection control protocol.

*Inspiring Choices for
Senior Living*

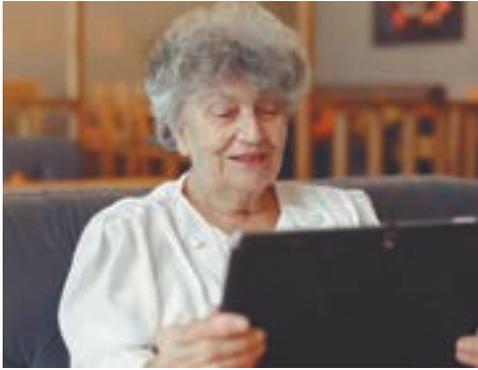
SENIOR LIVING ASSISTED LIVING MEMORY CARE ENHANCED CARE

Cherrywood Pointe is owned by United Properties, developer of Applewood Pointe, a network of distinctive senior cooperative communities throughout the Twin Cities area. Cherrywood Pointe is managed by Ebenezer Management Services, an experienced provider of residential and health care environments for seniors since 1917.

EBENEZER
Choices for vibrant senior living



Promote Brain Health by Staying Social



Numerous studies have found that remaining socially active as you age reduces the risks of dementia. Being surrounded by friends and loved ones keeps an aging adult's mind active and sharp. When a senior withdraws or stays socially isolated, their brain sits unchallenged in an almost dreamlike state. Being around other social seniors can instill good habits as well. An aging adult will feel more motivated to remain active, maintain physical health, take care of their personal appearance, and engage in intellectual activities if they're around others partaking in the same positive habits.

Family

A senior's family is their most natural resource for staying social. If you have a senior in your family, coordinate with siblings, cousins, aunts, and uncles and arrange frequent visits to your aging family member's place of residence. This is particularly important if your senior is living alone or in an assisted living facility. In addition to providing entertainment for the senior, visits and phone calls can also give family members a clearer picture of their senior's health.

Grandchildren and Healthy Longevity

Interacting with grandchildren can have an especially positive effect on healthy aging among senior citizens. One study even found that seniors who occasionally care for their grandchildren drastically improved their chances at healthy longevity, living up to five years longer than those who didn't. Being around grandchildren can also elevate a senior's mood and give them an improved sense of responsibility. This allows for an increased feeling of self-worth, which can help prevent

depression and other illnesses that negatively affect senior mental health.

Caregivers and friendships go a long way, but there's nothing quite like the positive impact a family member can have while visiting an elder loved one.

How to Keep Seniors Mentally Stimulated

Now that we have a better understanding of the importance of staying mentally and socially stimulated, let's look at some activities to make this possible. This will require ingenuity and a little courage too!

FUN WAYS TO CONNECT WITH TECHNOLOGY

Technology can be unfamiliar and frightening territory for many seniors. But what better time to learn than now? To take advantage of the many social platforms, it will require you to get a smartphone, laptop, or iPad. Here are some of the more popular options for staying connected with technology:

Facebook

Facebook is the largest social networking platform in the world, and with good reason. Using Facebook is a good way to stay connected with friends and family. You can share ideas, repost articles of interest, post photos, and more. You can even follow news outlets to get up to the minute information. Facetime. Facetime is a video and audio calling service. You will need an iPhone, laptop or iPad to use it. Like Facebook, it is free. Seeing your children or grandchildren can be immensely reassuring and fun.

Email

Yes, good old fashion email is still a great way to communicate with people. If you really want to impress your grandkids, learn to text.

STIMULATING MENTAL ACTIVITIES

Being alone can make it tough to stay mentally engaged, but mental engagement is more important than ever if you are without a spouse or other person to be with. Consider these options.

Games

Word and card games can keep your mind active. Consider jigsaw puzzles, crossword puzzles, and Sudoku. Don't forget about online games like solitaire, Words with Friends, and hundreds of others.

Using the internet to travel

It is now possible to travel right from your chair. Visit museums, other countries or cities. Check out Travel and Leisure's 12 Famous Museum Tours. Here is another collection of museums and other travel sites including some National Parks. And if you haven't tried Google Earth, you must give it a try. Fly to any part of the world that appeals to you and before you know it, hours have passed by. You can do this from your smartphone, computer or iPad. Reading. Reading is an under appreciated activity. It can stimulate the imagination and take you to places you have never been to before. Use a kindle or the good old fashion library.

Writing

If you can write, try it out. Whether it is journaling or a story you have been burning to tell, now might be the time to do it. Perhaps this is a good time to write your personal history for your children and grandchildren.

Humor

Although humor may not seem like a mentally stimulating activity, it is a mentally healthy one.

Movies

Watch movies or funny television shows. Subscribe to Netflix or Hulu to expand your options and view from the comfort and safety of your home.

Amanda Lambert is the owner and president of Lambert Care Management, LLC which provides care management for older and disabled adults. She is the co-author of, Aging with Care: Your Guide to Hiring and Managing Caregivers at Home (Rowman and Littlefield, 2018).

<https://homecareassistance.com/blog/activities-to-keep-seniors-engaged-during-covid-19>



WINTER IN MINNESOTA



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| BITTER | FRIGID | BRISK | DRAFT | JACKET | SKI | SOLSTICE |
| BLANKET | FROSTBITE | CHILL | FIREPLACE | MITTENS | SLED | SWEATER |
| BLIZZARD | FROZEN | CHIMNEY | FLANNEL | QUILT | SLIPPERY | WOOL |
| BLUSTERY | GLOVES | COAT | FLURRIES | SCARF | SLUSH | |
| BOOTS | HOCKEY | COLD | FREEZING | SKATES | SNOW | |



WINTER FOR A LAUGH



- | | |
|---|---|
| Q: When will a net hold water?
<i>A: When the water is frozen</i> | Q: What do snowmen like to eat for dinner?
<i>A: Iceburgers</i> |
| Q: What man cannot live inside a house?
<i>A: A snowman</i> | Q: What do snowmen wear on their heads?
<i>A: Ice caps</i> |
| Q: Where do snowmen love to dance?
<i>A: At a snow ball</i> | Q: What did Jack Frost say to Frosty the Snowman?
<i>A: Han an ice day!</i> |
| Q: Where do snowmen keep their money?
<i>A: In a snow bank</i> | Q: What falls in the winter but never gets hurt?
<i>A: Snow</i> |

VALENTINE'S RICE KRISPIE TREATS

Recipe courtesy of All She Cooks

Prep time: 20 minutes

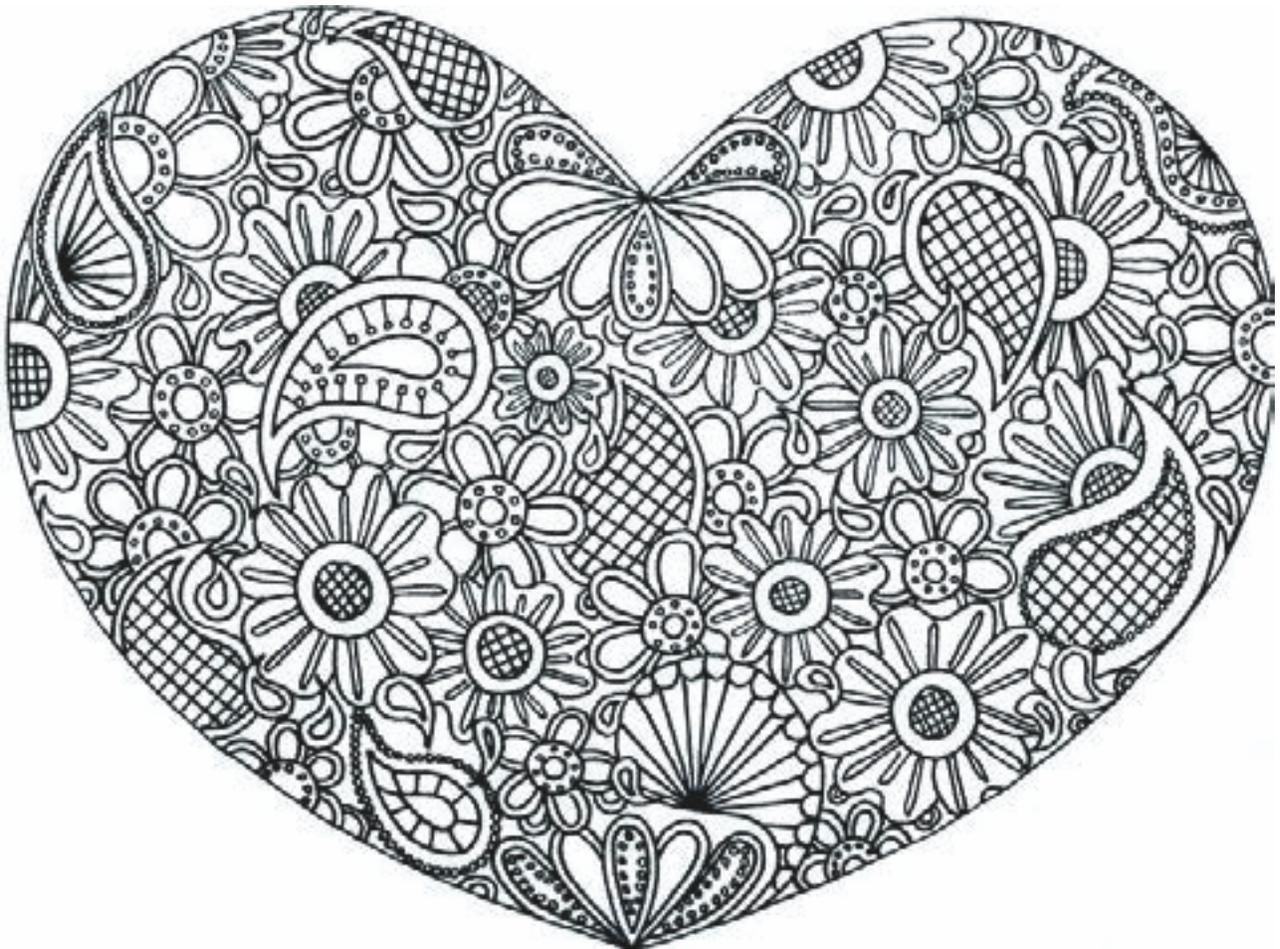
Servings: 12

- 3 tablespoons unsalted butter
- 4 cups mini marshmallows or a 10 oz bag large marshmallows
- 6 cups Rice Krispies
- 1/2 cup white candy melts
- 1/2 cup pink candy melts
- 1/2 cup red candy melts
- sprinkles



INSTRUCTIONS

1. Spray a 9x13 inch pan with non-stick cooking spray or grease with butter.
2. In a large sauce pan over low heat melt together the butter and marshmallows while stirring gently.
3. Once fully melted remove from the heat and stir in the Rice Krispies.
4. Press the Rice Krispie mixture tightly into the bottom of the pan, either using the bottom of a spatula or a piece of wax paper.
5. Place in the fridge to harden, or harden at room temperature.
6. Once firm, cut into shapes using lightly greased cookie cutters.
7. Melt the candy melts according to instructions on package.
8. Decorate the Rice Krispie Treats using a piping bag or ziploc bag with the bottom corner cut off and decorate with sprinkles.





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If you have any questions, please contact us! We are here to serve YOU and OUR COMMUNITY!

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 MN Relay: 1.800.627.3529

Fairview Community Center

1910 County Road B West, Roseville, MN 55113

Program Manager: Kris Rossow

651.604.3537 or kris.rossow@isd623.org
 Mon-Fri 8 a.m.-4 p.m.

Secretary/Transportation: Kim Palmer

651.604.3535 or kimberly.palmer@isd623.org
 Mon-Fri 8 a.m.-4 p.m.

Program Coord/Meals on Wheels: Tara Garvin

651.604.3524 or tara.garvin@isd623.org
 Mon-Fri 8 a.m.-2 p.m.

Seasons Design & Layout /

Community Ed. Administrative Assistant:

Jenni Kostecki 651.604.3507 or
 jennifer.kostecki@isd623.org



Walk-In: Enter the building at Door #11, the Senior Center door, and follow the signs for meal pick up. Takeout available from 11AM-12PM.

Curbside Pick Up: 11:15am-12pm. 2100 Prior Ave N. Park in the back lot by door #20. Ring the doorbell and someone will bring a meal out to your car – you will need to have the **exact change** for the meal.

full meal:

\$4.50 includes main entree, sides, & milk
 See page 10 for menus

All are welcome. Bring a friend, tell a neighbor! We accept cash & check only.

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Monday - Friday, 11AM - 12PM

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