



Gladstone Senior Program  
 1945 Manton Street  
 Maplewood, MN 55109  
 651-748-7250  
 www.isd622.org

Non-Profit Org.  
 U.S. Postage  
 PAID  
 St. Paul, MN  
 Permit No. 4263

**Senior Program Directory**

**Program Coordinator**  
 FT Staff

**Gigi Fitzpatrick**  
 Hours: Mon. - Fri.

651-748-7250  
 7:30 a.m. - 4:00 p.m.

**Meals on Wheels Manager/  
 Senior Nutrition**  
 FT Staff

**Diane Everson**  
 Hours: Mon-Fri.

651-748-7250  
 7:00 a.m. - 3:00 p.m.

**Program Secretary**  
 FT Staff

**Lydwine Sisson**  
 Hours: Mon.-Fri.

651-748-7250  
 7:30 a.m. - 4:00 p.m.

**Senior Aide Volunteer**  
 PT Volunteer

**Sr. Mary Claire Inhofer**  
 Hours: Tues. & Thurs.

651-743-7250  
 9:30 a.m. - 1:30 p.m.

**District 622 School Board**

Theresa Auge'  
 Steve Hunt  
 Pam Cunningham  
 Scott Duddeck  
 Nancy Livingston  
 Cathy Miller  
 Mark Wheeler

**Ramsey County Commissioners**

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 Rafael Ortega  
 Victoria Reinhardt  
 Janice Rettman  
 Jan Parker

**Patty Phillips**  
 Superintendent of Schools  
**Chuck Ericksen**  
 Dir. of Community Ed.

Prepared and Paid for by District 622 Schools,  
 Community Education Department 2520 E 12th  
 Ave., No. St. Paul, MN 55109 651-748-7250

## Program Resources

### Domestic Abuse Crisis

Numbers to call: St. Paul Domestic Abuse Intervention Project (Legal Advocacy & Information) 651-645-2824 (24 hour hotline), Minnesota Metro Area Crisis Line: 651-646-0994 (24 hour shelter hotline), Senior Linkage Line Metro: 1-800-333-2433 (connection to senior services in Minnesota) & 911 for police & ambulance.

### Senior Housing

Free copies of the *Senior Housing Directory* are available at the Senior Center. This publication serves as a complete guide to the housing needs of the elderly population in the Metro area. Stop in at the Senior Center and pick up your FREE copy or go to [www.seniorhousinginc.org](http://www.seniorhousinginc.org) for more information.

### Health Care

The *Health Care Choices 2009* guide, published by the Minnesota Senior Federation is now available in the Senior Office. Please stop in for your FREE copy.

### Ramsey County Fair



### Veterans "Hotline"

To make it easier to find services and to ensure immediate crisis intervention, "LinkVet" was created. The telephone number for LinkVet is **(888) LinkVet (546-5838)**. LinkVet will be answered by trained staff who are veterans themselves at the Minnesota Department of Veterans Affairs and Crisis Connection, a Twin Cities based nonprofit mental health telephone counseling service.

### Senior Transportation Options

The NEST Bus is available for persons living in the North St. Paul-Maplewood-Oakdale area and Sunray. A one-way trip is \$2.00. For further information and to reserve a ride call: 651-227-6378. Seniors may also use the Metro Mobility. The number to call for information is 651-602-1111 or visit [metromobility.org](http://metromobility.org).

### HealthEast Health Alert

The Health Alert home monitoring unit is an electronic device that provides emergency assistance 24 hours a day, 7 days a week. If you need help, simply press the personal transmitter button. It can be worn on the wrist, around the neck or on a belt clip. For more information on how to obtain the monitoring unit call 651-232-3560.

### Medication Management

The new MedReady Management System is ideal for those who have a complex medication schedule or have trouble remembering to take their medication. The MedReady machine holds 28 doses of medication at one time. The MedReady is easy to use. It will beep and the red light will flash when it is time for the medication to be taken. It also can be connected to the phone line and can notify a caregiver if there is a missed dose. To request more information call 651-232-3560.

### Call the SENIOR LINKAGE LINE

at 1-800-333-2433 or 651-333-2433 for just about any service you are interested in! The Senior Linkage Line is the best phone number and your best connection to the services near you.

## Special Offerings!

### Paramedic Presentation... Is it an Emergency?

*(Knowing When to Call 911)*

It's important to know when to call 911. How do you tell the difference between a true emergency and a minor problem? B.J. Jungmann, Assistant Fire Chief and EMS Director for the City of Maplewood, will teach you how to recognize an emergency-- warning signs, what to do until help arrives and what to expect from the emergency responders. Knowing what is an emergency, where to get help and what to do can save your life. Don't miss this important presentation! Please call 651-748-7250 to preregister for this presentation. Refreshments served!



**Date: Tuesday, August 25th**

**Time: 10:00 a.m.**

**Cost: FREE but preregistration is requested.**

### North High Theater presents... OKLAHOMA!

**Wednesday, July 22 Preview:**

\$5.00 Students and Senior Citizens \$3.00.

All other performances:

\$7.00/Students and Senior Citizens \$5.00.

Tickets sold at the box office one hour before each performance. Questions? Call the Theatre Hotline at 651-748-6090.



### THE POWER OF HEALTHY EATING FOR SENIORS

*The Benefits of B-12*

Vitamin B-12 (cobalamin) is an essential water-soluble vitamin. It helps maintain healthy nerve cells and red blood cells. As we age, our stomachs produce less gastric acid - which reduces the body's ability to absorb naturally occurring vitamin B-12 that's bound to protein in meat. Also those who take acid lowering medications like Prilosec and Zantac increase their risk for impaired B-12 absorption. For many people, vitamin B-12 brings to mind injections to boost energy. While this relates to the vitamin's traditional role of keeping red blood cells healthy, emerging research reveals that B-12 may offer many health benefits such as boosting brain power, and to deter depression.

\* Adults age 50 or older need a daily value of 6 micrograms (mcg) of B-12.

\* The vitamin is most abundant in protein foods of animal origin, dairy products and eggs. 8oz of plain yogurt contains 1.5 mcg of B-12.

\* Synthetic B-12 found in supplements and fortified foods like cereal-doesn't require stomach acid for absorption, so is particularly good for older people. 3/4 of a cup of fortified breakfast cereal contains 6 mcg.

### North St. Paul Garden Tour!

*Sponsored by the No. St. Paul Historical Society*

This is your chance to visit many beautiful gardens including one of a master gardener whose entire yard is full of walking paths, beautiful perennials, hostas, and more...

**Date: Sunday, July 19th**

**Time: 11:00 a.m. - 4:00 p.m.**

**Where:** The Gardens are all located within the city of North St. Paul (maps will be provided).

*For ticket information please call the Gladstone Senior Citizen Office at: 651-748-7250.*



### Stay Cool When it's Too Hot

- \* Drink lots of water and fruit juice.
- \* Do not go outside during the hottest time of day; if you must go out, use sunscreen and wear a hat to block the sun.
- \* If you have air conditioning, USE IT. Even two hours per day can help prevent illness caused by heat.
- \* Eat small meals more often. Fruits, veggies and salads.
- \* Watch the news for the latest warnings about hot weather.

## Special Events

### Save These Dates!

#### ***Here's to Your Health:***

#### **A 55+ Wellness & Community Resource Fair**

When: Thursday, October 15, 2009

Where: Gladstone Senior Center

#### **Flu Shot Clinic**

When: Thursday, October 15, 2009

Where: Gladstone Senior Center

#### **Veteran's Program**

Thursday, November 12th

10:00 a.m.

#### ***"A Salute to our Service Men and Women"***

Luncheon with Entertainment by *Jim Berner*

Thursday, November 12th

11:00 a.m. - 1:00 p.m.

More information to follow. Please read the upcoming October/November/December *Senior Dateline* for further details on all of these events.

Thank you to our Golden Prom benefactors: Prom Center, Humana, Herff Jones and the wonderful staff and students of Tartan and North High.  
A grand time was had by all!

### School Supplies Drive

This Summer, Gladstone Senior Program is collecting new school supplies for children of School District 622. When you see bargains, please buy them! In September our donations will be distributed to families who need them. Suggested school supplies include: *pencils, pens, lined paper, construction paper, rulers, markers, crayons, glue sticks, tape with dispenser, and scissors.* Any and all contributions are appreciated. Please bring your donations to the Senior Office. Thank you seniors for helping ISD 622 students.

### Gladstone

### Summer Food Shelf Drive...

*July, August and September 2009!*

The Summer is heating up and so is the demand for the Food Shelf! When school lets out in the Summer, the demand for food goes up. Many families who receive free or reduced cost meals at school are home and families are feeling the pinch. Let's help our neighbors in need by donating what we can.

Items currently needed include: canned fruit and vegetables, canned protein items (tuna, stew, chili, peanut butter), canned milk, canned soup, pasta, rice, baby food, formula, and supplies; toothbrushes and toothpaste, shampoo, deodorant, and toilet paper. Please drop your donations at the Gladstone Senior Center between the hours of 8 a.m. and 2 p.m., Monday - Friday.

Thank you Golden Prom Guests!  
You collected and donated **685** pounds of food items for the North St. Paul Area Emergency Food Shelf!

### Fare for All Express...

*A new program for area seniors!*

Beginning in July, Fare for All Express will have a monthly distribution date at the North St. Paul Community Center (2290 1st Street North in North St. Paul). The Fare for All Express Program offers fresh and healthy foods at a savings of 30-50% and is open to everyone. There are three packages to choose from, the vegetarian pack, the meat only pack and the regular pack which includes fresh vegetables and fruits as well as some frozen meats. Pack prices range from \$10 - \$17. Pick up packs on these Wednesdays: July 8, August 12, and September 9. The distribution time is 3:30 p.m. - 5:30 p.m. For a dollar off coupon for July 8th distribution or if you have questions, please stop in the Gladstone Senior Office.

## Senior Program News

### Meals on Wheels

Hot nutritious meals are delivered by our Meals on Wheels Volunteers Monday through Friday during the noon hour to persons 60 years and older who are residents of the Maplewood, No. St. Paul and near East Side. To participate in this program, the recipient must be isolated, have difficulty preparing nutritious meals, or have a disability. Special situations may apply for people under age 60. For eligibility information, please contact the Meals on Wheels Program at 651-748-7250.

### Senior Dining Club

We know that in addition to the importance of a good, nutritional meal, the social aspect of Senior Dining is also just as important. We value the caring, supportive daily contact adults share with each other. Our Senior Dining Club is offered Mondays and Thursdays to help older adults stay connected and at the same time, enjoy a healthy nutritious meal. Meals cost \$5.00 and are served at noon. Reservations are required **2 days in advance** - 9 a.m. on Thursday for Monday reservation. Call by 9 a.m. on Tuesday for Thursday reservation. Please call the 24-hour Senior Dining Hot-line at 651-748-7260.

**For monthly menu information please call 651-748-7250.**



### “Thrifty Thursday” Bakery Goods!

Seniors are invited to come to Gladstone to pick up free treats on Thursdays after Senior Dining (12:15 p.m. - 3:00 p.m.). Why not come to Senior Dining on Thursdays and stay for the freebies! Please call two days in advance for a reservation 651-748-7260.

### The Dateline Newsletter Information

*The Dateline* is a quarterly newsletter published by the ISD 622 Gladstone Senior Program. This program is funded by Independent School District 622 Community Education, Ramsey County and an Older Americans Act grant administered by the Metropolitan Area Agency on Aging and the Minnesota Board on Aging and participants.

If you are new to the Gladstone Senior Program, please stop in the Senior Office for a complimentary copy of the *The Dateline* newsletter. Subscriptions are also available for the cost of \$6.00/year. Send \$6.00 with your name and address to: Gladstone Senior Center, Attn: *The Dateline* 1945 Manton St. Maplewood, MN 55109. Please make check payable to: ISD 622.



### Continuing Education Course Offerings

The North St. Paul-Maplewood-Oakdale Community Education Department has great course offerings. For more information on these classes, see the [ISD622 Community Education Catalog](#) or visit [www.communityeducation.webaloo.com](http://www.communityeducation.webaloo.com).

### Center Closed on the following dates:

Friday, July 3rd

(Independence Day Holiday)

Monday, August 10 - Friday, August 14

(Gladstone Center Cleaning Week)

**Meals on Wheels will be Delivered**

**No Programs or Services**

Monday, September 7th

(Labor Day Holiday)

**Meals on Wheels will NOT be delivered and there will be NO Senior Dining or Senior Activities.**

# The Dateline

July / August / September 2009

North St. Paul-Maplewood-Oakdale Senior Program

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## Special Events at a Glance

Center Closed (Independence Day)  
July 3  
Intergenerational Bingo / Ice Cream  
July 14  
School Supplies Drive  
July / August  
North St. Paul Garden Tour  
July 19  
North High Presents: OKLAHOMA!  
July 22  
Center Closed for Cleaning  
August 10 - 14  
"Paramedic Presentation"  
August 25  
Center Closed (Labor Day)  
September 7  
"September Get-together"  
September 17

## Intergenerational Bingo Bash & Ice Cream Social!

Our friends from ISD 622 Middle Schools (5th -7th graders) invite you to connect with them for some Tuesday fun! Come join us for bingo, ice cream, munchies, door prizes and a chance to meet some GREAT kids! Please sign up in advance by calling 651-748-7250.

**Date: Tuesday, July 14**

**Time: 9:30 a.m. - 11:30 a.m.**

**FREE but please sign up in advance at 651-748-7250.**



## Country Music Jam Sessions

All Welcome!

Dance, sing, bring an instrument or just sit back, listen and enjoy!

**Dates & Times:**

Every other Friday at 1:00 p.m. - 3:00 p.m.  
July 10 & 24, August 7 & 21, September 7 & 18.

## "September Get-together"

### Luncheon & Dance! with *Hank Thunander*

Join your friends at Gladstone as we welcome back Fall!

*Hank Thunander* will entertain you with your favorite dance music. Luncheon (catered by the *Little Oven*) will be a

**Penne Pasta with Meatball Dinner** - Includes: bread with butter, garden salad with dressing, coffee & dessert.

**Date: Thursday, September 17th**

**Time: 11:30 Noon - 1:30 p.m.**

**Cost: Early Bird \$8.00 per person.**

**Tickets purchased after Tuesday,**

**September 1st \$9.00.**

**Advance Ticket Purchase is Required!**



School District 622 -  
North St. Paul-  
Maplewood-Oakdale

**Gladstone  
Senior Program**

1945 Manton Street  
Maplewood, MN 55109  
651-748-7250

### **Mission Statement**

*The mission of the Gladstone Senior Program is to enhance the quality of life of adults 55+ by promoting, sponsoring and coordinating programs and services that advocate independence and well-being.*

**School District 622 North St. Paul-Maplewood-Oakdale Senior Program**

**Phone 65-748-7250 - Fax 65-748-7271**

**www.isd622.org**