



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

AUGUST, SEPTEMBER, OCTOBER 2023

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To register for classes, events, and appointments:
Call 651-645-0349 or 651-298-5493
or send an email to
knivacolgan@keystoneservices.org

Keystone Thriving Times is published quarterly by Keystone Active Seniors, a program of Keystone Community Services for adults 50 and up who want to keep their minds alert, bodies healthy, and spirits energized.

SITE LOCATIONS

- Merriam Park Community Center
651-645-0349
- West 7th Community Center
651-298-5493



Keystone launches "Linkages" project

This summer, Keystone is launching a new project to help older adults access services they need to be healthy, independent and connected.

Through our decades of experience supporting seniors through Meals on Wheels, Keystone learned that people who receive food assistance may need other resources. They may not be aware of all the services available, or just don't know how to get started. That's the reason for Keystone Linkages.

Our expert staff will contact older adults who participate in Keystone's food shelf, Foodmobile and grocery delivery programs. We will talk with them about topics like nutrition, transportation, health care and social support. If someone has a need in one of these areas, we will connect them

to the right resource, either within Keystone or in the wider community.

After a few months our staff will call back to follow up and find out if that resource was helpful, and if they have other needs. Some of the services we expect to refer people to are: Meals on Wheels, Medical Assistance waivers, SNAP, Energy Assistance, Veterans' services, Medicare counseling, MetroMobility, and more.

If you or someone you care about is struggling to access needed services, please contact Keystone Senior Services at 651-298-5493.

Seniors Annual Membership



Keystone's Active Seniors Annual Membership

\$35 per person for a 1 year membership

\$40 per person membership + quarterly newsletter mailed to your house

What you can expect to get for your membership:

Note: Everyone is welcome to participate in our programs but your membership helps make it possible for us to provide the services and amenities.

- A quarterly newsletter that informs you of upcoming events, community services and an activity calendar.
- Monthly e-newsletter with updated activities, events and community resources.
- Countless free activities designed by your peers and Keystone staff.
- Membership gives you access to expert advice from community leaders around health insurance, Medicare navigation, and legal advice.
- Most importantly it gives you a place to connect with others in the community.
- The senior lounges and facilities are open and available for your use.

Sign up today: Online: www.KeystoneServices.org/Seniors (Pay Your Bill)

Mail to: Keystone Senior Program, 2000 St. Anthony Ave., St. Paul MN 55104

Questions about membership? Call 651-298-5493 or 651-645-0349

Keystone's Active Seniors Annual Membership

Name(s) _____ Date _____

Address _____

Phone# _____ Email _____

Emergency Contact (name & phone #) _____

Membership Level: ☐ \$35 ☐ \$40 membership + mailed newsletter



COMMUNITY SING ALONG

Do you love to sing? How about singing with others who love to sing?

Whether you have sung in choirs your whole life or have only belted out tunes in the privacy of your shower or car, come join us at West 7th Community Center for a monthly series of community sing-alongs! Led by conductor Robert Graham and pianist John Jensen of VocalEssence, a 54-year old choral music organization based in Minneapolis - singers of all levels of musical skill and experience are encouraged to come and raise their voices. We work on learning a variety of familiar and new music while forging new friendships and connections along the way.

This FREE series is open to all adults 55+, no experience necessary! This series is a precursor to the launch of the VocalEssence Vintage Voices choir at Keystone in Spring 2024!

We hope to see you there. Bring a friend!

Wednesdays, August 23, September 20, October 25, November 29, – Holiday theme W7
10:00 a.m. - 11:30 a.m. RSVP to 651-298-5493



ZOOM PROGRAMS

ZOOM Word Games

Mondays,
11:00 a.m. – 12:00 p.m. on ZOOM
No meeting on August 7 or September 4

ZOOM Social

Tuesdays,
no meeting on August 8
1:00 – 2:00 p.m. on ZOOM

ZOOM Dice Games

Thursdays,
no meeting on August 10
2:00 – 3:00 p.m. on ZOOM

ZOOM Bingo

Thursdays; August 17, September 21 and October 19
11:00 a.m. – 12:00 p.m. on ZOOM
or in-person at W7th.

Call or email Karlene for more information and the links to join in the fun! knivacolgan@keystoneservices.org or 651-645-0349.



INSTRUCTORS NEEDED!

Do you have a talent that you would love to share? Do your friends come to you to learn new skills? We are looking for folks that would like to share their passion with others through teaching. It might be Crocheting-101 or Identifying Native Flowers. Whatever it is, send us your proposals and let's share our talents!

Contact Teisha or Karlene if you have an idea for a class.

August 2023 Events

MP Merriam Park **W7** West 7th

MW Both Locations



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|--|--|--|--|--|---|--|---|--|
| <div>31</div> <div>9:00 Fit & Fabulous 12:30 Fiberazzi 4:00 Key-Fest!! 11:00 ZOOM: Word Games</div> | | <div>1</div> <div>12:30 Krafters 10:00 History Tour #4 12:30 Fiberazzi 1:00 ZOOM: Social</div> | | <div>2</div> <div>9:30 Fit & Fabulous 12:30 Cribbage 3:00 Ask the Lawyer</div> | | <div>3</div> <div>9:30 Bridge I 12:30 Bridge II 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Dice Games</div> | | <div>4</div> <div>10:30 Scrabble 10:00 Fare For All 12:30 Cards</div> | |
| <div>7</div> <div>1:00 COMPAS Art Class: You Made it From What! (Karlene is on vacation this whole week! No Fit and Fab this week)</div> | | <div>8</div> <div>12:30 Krafters 12:30 Fiberazzi 9:00 Off-Site: Coffee with the Guys</div> | | <div>9</div> <div>12:30 Cribbage Outdoor Yoga/ Tai Chi Class</div> | | <div>10</div> <div>9:30 Bridge I 12:30 Bridge II 9:30 Health Care Counseling 5:30 Book Club</div> | | <div>11</div> <div>10:30 Scrabble 12:30 Cards</div> | |
| <div>14</div> <div>9:00 Foot Care with Nicole 9:30 Fit & Fabulous 11:00 ZOOM: Word Games</div> | | <div>15</div> <div>12:30 Krafters 12:30 Fiberazzi 1:00 ZOOM: Social</div> | | <div>16</div> <div>9:30 Health Care Counseling 9:30 Fit & Fabulous 12:30 Cribbage 8:00 History Tour #5</div> | | <div>17</div> <div>9:30 Bridge I 12:30 Bridge II 9:30 Fit & Fabulous 11:00 Bingo (also on Zoom) 2:00 ZOOM: Dice Games</div> | | <div>18</div> <div>10:30 Scrabble 12:30 Cards All Keystone Sites will be closed this afternoon for an employee appreciation picnic.</div> | |
| <div>21</div> <div>9:30 Fit & Fabulous 11:00 ZOOM: Word Games</div> | | <div>22</div> <div>12:30 Krafters 12:30 Fiberazzi 1:00 ZOOM: Social</div> | | <div>23</div> <div>9:30 Fit & Fabulous 10:00 Community Sing-Along 12:30 Cribbage</div> | | <div>24</div> <div>9:30 Bridge I 12:30 Bridge II 9:30 Fit & Fabulous 2:00 ZOOM: Dice Games</div> | | <div>25</div> <div>10:30 Scrabble 12:30 Cards</div> | |
| <div>28</div> <div>9:30 Fit & Fabulous 11:00 ZOOM: Word Games</div> | | <div>29</div> <div>12:30 Krafters 12:30 Fiberazzi 1:00 ZOOM: Social</div> | | <div>30</div> <div>9:30 Fit & Fabulous 12:30 Cribbage</div> | | <div>31</div> <div>9:30 Bridge I 12:30 Bridge II 9:30 Fit & Fabulous 2:00 ZOOM: Dice Games</div> | | <div></div> <div></div> | |

September 2023 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations



| MONDAY | | TUESDAY | | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|---|---|
|  | |  | | |  | <div>1</div> <div>10:30 Scrabble</div> <div>12:30 Cards</div> |
| <div>4</div> <div>Happy Labor Day</div> <div>KEYSTONE CLOSED</div> | | <div>5</div> <div>9:15 Pickleball</div> <div>11:00 Arthritis Exercise</div> <div>12:30 Krafters</div> <div>12:30 Fiberazzi</div> <div>3:00 Cremation Seminar</div> <div>1:00 ZOOM: Social</div> | | <div>6</div> <div>9:15 Pickleball</div> <div>9:30 Foot Care with Joan</div> <div>9:30 Fit & Fabulous</div> <div>12:30 Cribbage</div> <div>3:00 Ask the Lawyer</div> | <div>7</div> <div>9:15 Pickleball</div> <div>9:30 Bridge I</div> <div>11:00 Arthritis Exercise</div> <div>12:30 Bridge II</div> <div>9:30 Fit & Fabulous</div> <div>10:30 Ted Talks</div> <div>6:30 Live Music Performance</div> <div>2:00 ZOOM: Dice Games</div> | <div>8</div> <div>10:30 Scrabble</div> <div>10:00 Fare for All</div> <div>12:30 Cards</div> |
| <div>11</div> <div>9:15 Pickleball</div> <div>9:30 Fit & Fabulous</div> <div>1:00 Journaling Into Fiction Class</div> <div>11:00 ZOOM: Word Games</div> | | <div>12</div> <div>9:15 Pickleball</div> <div>11:00 Arthritis Exercise</div> <div>12:30 Krafters</div> <div>12:30 Fiberazzi</div> <div>1:00 ZOOM: Social</div> <div>9:00 Off-Site: Coffee with the Guys</div> | | <div>13</div> <div>9:15 Pickleball</div> <div>9:30 Fit & Fabulous</div> <div>12:30 Cribbage</div> <div>1:00 History Tour #6</div> | <div>14</div> <div>9:15 Pickleball</div> <div>9:30 Bridge I</div> <div>9:30 Health Care Counseling</div> <div>11:00 Arthritis Exercise</div> <div>12:30 Bridge II</div> <div>9:30 Fit & Fabulous</div> <div>5:30 Book Club</div> <div>2:00 ZOOM: Dice Games</div> | <div>15</div> <div>10:30 Scrabble</div> <div>12:30 Cards</div> |
| <div>18</div> <div>9:15 Pickleball</div> <div>9:30 Fit & Fabulous</div> <div>1:00 Journaling Into Fiction Class</div> <div>11:00 ZOOM: Word Games</div> | | <div>19</div> <div>9:15 Pickleball</div> <div>11:00 Arthritis Exercise</div> <div>12:30 Krafters</div> <div>10:00 Community Sing Along</div> <div>12:30 Fiberazzi</div> <div>1:00 ZOOM: Social</div> | | <div>20</div> <div>9:15 Pickleball</div> <div>9:30 Fit & Fabulous</div> <div>9:30 Health Care Counseling</div> <div>12:30 Cribbage</div> <div>10:00 Community Sing Along</div> | <div>21</div> <div>9:15 Pickleball</div> <div>9:30 Bridge I</div> <div>11:00 Arthritis Exercise</div> <div>12:30 Bridge II</div> <div>9:30 Fit & Fabulous</div> <div>11:00 Bingo (also on ZOOM)</div> <div>2:00 ZOOM: Dice Games</div> | <div>22</div> <div>10:30 Scrabble</div> <div>12:30 Cards</div> |
| <div>25</div> <div>9:15 Pickleball</div> <div>9:30 Fit & Fabulous</div> <div>1:00 Journaling Into Fiction Class</div> <div>11:00 ZOOM: Word Games</div> | | <div>26</div> <div>9:15 Pickleball</div> <div>11:00 Arthritis Exercise</div> <div>12:30 Krafters</div> <div>10:30 Gym Walking</div> <div>12:30 Fiberazzi</div> <div>1:00 ZOOM: Social</div> | | <div>27</div> <div>9:15 Pickleball</div> <div>9:30 Fit & Fabulous</div> <div>12:30 Cribbage</div> | <div>28</div> <div>9:15 Pickleball</div> <div>9:30 Bridge I</div> <div>11:00 Arthritis Exercise</div> <div>12:30 Bridge II</div> <div>9:30 Fit & Fabulous</div> <div>2:00 ZOOM: Dice Games</div> | <div>29</div> <div>10:30 Scrabble</div> <div>12:30 Cards</div> |

MW Both Locations

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 2 9:15 Pickleball 9:30 Fit & Fabulous 11:00 ZOOM: Word Games | 3 9:15 Pickleball 11:00 Arthritis Exercise 12:30 Krafters 12:30 Fiberazzi 2:00 Cremation Seminar 1:00 ZOOM: Social | 4 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 3:00 Ask the Lawyer | 5 9:15 Pickleball 9:30 Bridge I 11:00 Arthritis Exercise 12:30 Bridge II 9:30 Fit & Fabulous 10:30 TED Talks 6:30 Live Music Performance 2:00 ZOOM: Dice Games | 6 10:30 Scrabble 10:00 Fare for All 12:30 Cards |
| 9 9:15 Pickleball 9:30 Fit & Fabulous 1:00 Art Class 11:00 ZOOM: Word Games | 10 9:15 Pickleball 11:00 Arthritis Exercise 12:30 Krafters 12:30 Fiberazzi 1:00 ZOOM: Social 9:00 Off-Site: Coffee with the Guys | 11 9:15 Pickleball 9:30 Health Care Counseling 9:30 Fit & Fabulous 12:30 Cribbage | 12 9:15 Pickleball 9:30 Bridge I 11:00 Arthritis Exercise 12:30 Bridge II 9:30 Fit & Fabulous 9:30 Health Care Counseling 12:30 Smart Driver 5:30 Book Club 2:00 ZOOM: Dice Games | 13 10:30 Scrabble 12:30 Cards |
| 16 9:15 Pickleball 9:30 Fit & Fabulous 1:00 Art Class 11:00 ZOOM: Word Games | 17 9:15 Pickleball 12:30 Krafters 12:30 Fiberazzi 1:00 ZOOM: Social | 18 9:15 Pickleball 9:30 Health Care Counseling 9:30 Fit & Fabulous 12:30 Cribbage 1:00 Dave Bredemus presents... | 19 9:15 Pickleball 9:30 Bridge I 12:30 Bridge II 9:30 Fit & Fabulous 9:30 Health Care Counseling 11:00 Bingo (also on Zoom) 2:00 ZOOM: Dice Games | 20 10:30 Scrabble 12:30 Cards |
| 23 9:15 Pickleball 9:30 Fit & Fabulous 11:00 ZOOM: Word Games | 24 9:15 Pickleball 11:00 Arthritis Exercise 12:30 Krafters 12:30 Fiberazzi 1:00 ZOOM: Social | 25 9:15 Pickleball 9:30 Fit & Fabulous 10:00 Community Sing-Along 12:30 Cribbage | 26 9:15 Pickleball 9:30 Bridge I 11:00 Arthritis Exercise 12:30 Bridge II 9:30 Fit & Fabulous 2:00 ZOOM: Dice Games | 27 10:30 Scrabble 12:30 Cards |
| 30 9:15 Pickleball 9:30 Fit & Fabulous 11:00 ZOOM: Word Games | Happy Halloween! 9:15 Pickleball 11:00 Arthritis Exercise 12:30 Krafters 12:30 Fiberazzi 1:00 ZOOM: Social | |  | |

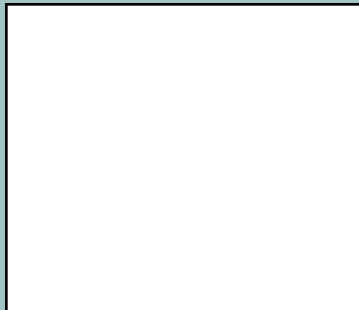


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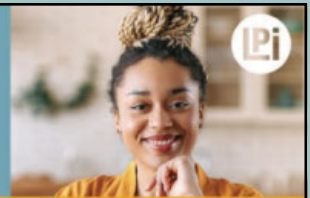


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Keystone Community Svcs, Saint Paul, MN

A 4C 02-1107

Ongoing Exercise & Activities



Fit & Fabulous **MP** **W7**

Specially designed group fitness classes for ages 50+ and all abilities, following the routines and principles of the Silver & Fit program. Class includes stretching, endurance and weight lifting. Join us at your comfort level. Recorded classes also available 24/7 on our website. Exercise Leader: Karlene, Silver & Fit Certified.

Mondays & Thursdays at West 7th

Wednesdays at MPCC (no class Aug. 7, 9 and 10 & Sept. 4)

9:30 a.m. – 10:15 a.m. with live instruction

Cost: \$15 per month: may be covered by your health insurance. Call your health insurance customer service line to find out. (check the back of your insurance card for the correct number. Tell them you want to see if you are eligible for exercise benefits).

Arthritis Exercise **MP**

This class is for all those with Arthritis, but also for those looking for a less intense exercise program. Arthritis Foundation trained exercise instructors will lead this low-impact, joint-safe exercise class; teaching gentle stretching and strengthening. Instructor Karlene Niva-Colgan leading on **Tuesdays**; Bonnie Eller leading on **Thursdays**.

6-week Summer break July 25 – Aug. 31

6-week session (Tuesday & Thursday) Sept. 5 – Oct. 12

1-week break Oct. 17–19

**6-week session (Tuesday & Thursday) Oct. 24 – Nov. 30
(no class Nov. 23)**

11:00 a.m. – 11:45 a.m.

Pickleball **MP**

For those 50+. Novice and advanced Pickleball matches played for fun. You get a good, enjoyable work out.

Mondays, Tuesdays, Wednesdays & Thursdays

Starting September 5

9:15 a.m. – 11:45 a.m.

Cost: \$2/session

Fiberazzi **W7**

Knit, crochet and needlecrafts. All skill levels and fabric craft types welcomed. Come share ideas and conversation.

Tuesdays

12:30 p.m. – 2:30 p.m.

Foot Care Clinic

Wednesday, September 6 **MP**

9:30 a.m. – 1:30 p.m.

40 minute appointments

Cost: \$50

Monday, August 14 **W7**

9:00 a.m. – 2:00 p.m.

30 minute appointments

Cost: \$45

Call to make an appointment



Krafters

Bring your art/craft supplies and spend an afternoon with your fellow artists/crafters, sharing ideas and conversation.

Tuesdays **MP**

12:30 p.m. – 2:30 p.m.





Bingo W7

Join us in-person or through a ZOOM link

The popularity of Bingo is undeniable. We play both in-person and via ZOOM. Each Bingo card costs \$1. Play as many as you like. Money collected is divided between 10 games, 9 regular and 1 cover-all. One winner per game.

ZOOM players: If you need Bingo cards, they will be mailed or delivered to you. You must play same number of cards each month and must send in monthly or quarterly payments for your cards to play.
265 Oneida Street, St. Paul, 55102

Thursdays August 17, September 21 and October 19
11:00 a.m. – 12:00 p.m. on Zoom or at W7th

Ask the Lawyer: Senior Specialty Legal Advice W7

Melanie Liska of Tarrant & Liska, PLLC, offers FREE one-time 15-minute consultations on the first Wednesday of each month to assist with elder law issues. Registration required.

1st Wednesdays of the month
August 2, September 6, October 4
3:00 p.m. – 4:00 p.m.

Coffee With The Guys

**"Conversation is food for the soul."
Pancakes help too. Join us once
a month for coffee and conversation.**

We'll meet at Day by Day café on West 7th (they are saving us a table).
No set agenda, just conversation and coffee.

Order some food if you like. This outing is for the guys only. Our new staff person, Phil will be hosting.

Second Tuesday each month at 9:00 a.m.
August 8, September 12 and October 10.



Dave Bredemus presents: W7

Because we can't all travel ALL the time, we'll have the traveling come to us. Join Dave Bredemus, our History Tour expert, as he presents a new topic each month.



Wednesday, October 18,

1:00 pm: Tricks of the travel trade. Come hear how Dave travels on a budget, finds great hotel deals, interesting locations, hidden gems and more!

Wednesday, November 15, 1:00 pm: Interesting churches and places of worship around the world. Dave has seen so many beautiful places. Through photos that Dave has taken while traveling, he will share some of his favorite places of worship from all around the US and Europe.

Bridge MP

Both brush-up: Bridge I, and intermediate play: Bridge II. Match up with players according to your desired level of play. Meets two separate times on Thursdays.

Brush-up: Thursdays
9:30 a.m. – 11:30 p.m.

Intermediate: Thursdays
12:30 p.m. – 2:30 p.m.

Cards W7

Meet weekly with others who enjoy playing cards. Currently playing 500, but taking suggestions for other card games.

Fridays
12:30 p.m. – 2:30 p.m.

Scrabble MP

Like all word games, Scrabble, is great for the mind. Join us weekly for several challenging games.

Fridays
10:30 a.m. – 12:30 p.m.

Evening Book Club W7

Join us monthly for a lively discussion with new "book loving" friends. Call Joan Dion at 651-489-8103.

Thursdays August 10, September 14 and October 12
5:30 p.m. – 7:00 p.m.

Cribbage MP

Enjoy several games of cribbage. Games played with partners and table rotation.

Wednesdays
12:30 p.m. – 2:30 p.m.

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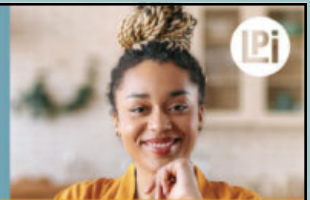
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Keystone Community Svcs, Saint Paul, MN

B 4C 02-1107

Keystone Musical Heritage Series

The Keystone Musical Heritage Series begins this fall with sponsorship from the Minnesota Blues Society and the Minnesota State Arts Board. The series features performances on the first Thursday of each month by established and emerging Twin Cities musicians. We kick off the series with blues musicians who have their own unique angle on a style of music that continues to breathe life into the local music scene. Concerts are free, but tips for the band are encouraged!

Thursday, September 7, 6:30 p.m.–8:00 p.m. W7 **The Everett Smithson Band**

The band features the vocals of Everett and Kathy Smithson, who perform zydeco, blues, Tex-Mex and alt-country originals that have made them a staple of the Minnesota music scene for over 18 years. Kathy Smithson's accordion and Everett Smithson's harmonica create the band's signature sound along with the renowned guitar of Jeremy Johnson and the stellar upright bass of long-time Twin Cities bluesman Bill Black.

Thursday, October 5, 6:30 p.m.–8:00 p.m. W7 **The Connor McRae Trio featuring Bruce McCabe**

This highly-touted performance will be a first for everyone involved. Connor McRae is the highly-regarded drummer for internationally-recognized band Davina & The Vagabonds, but has been doing a once-a-month gig with his trio at the Schooner Tavern near Lake and 27th in Minneapolis for four years. Connor happens to be a fine blues vocalist who pays homage to blues music from



New Orleans to Chicago and points in between. He is joined by bassist Ted Vig and guitarist Jeremy Johnson. Rounding out the line-up is famed Minneapolis pianist Bruce McCabe, who is known for his keen songwriting and musicianship with Jonny Lang, The Hoopsnakes and the Lamont Cranston Band.

Important Medical Assistance/ Medicaid Information

Every Medicaid beneficiary needs to receive these important messages:

UPDATE your contact information with Minnesota Medical Assistance (MA) NOW.

RESPOND to the MA renewal form when it comes in the mail. If you don't, you may lose your coverage even if you are still eligible.

PARENTS should respond even if you are not eligible or are enrolled in other coverage. Your children could still be eligible for coverage.

CONNECT WITH RESOURCES THAT CAN HELP: If you lose MA coverage and think you may still be eligible, there are programs that may be able to help you appeal the denial of MA coverage or find other insurance. State protection and advocacy systems (<http://www.mylegalaid.org/>) and legal advocacy organizations funded under the Older Americans

Act may be able to help with appeals. Disabled people of all ages can also contact the Disability Information and Access Line (DIAL) at 888-677-1199 for assistance, and older adults in Minnesota can contact the Trellis at www.Trellisconnects.org or call 800-333-2433 to find local assistance.

CHECK OTHER OPTIONS: If you are no longer eligible for MA, you should check to see if you can get coverage through your employer or through the Affordable Care Act Marketplace <https://mn.gov/dhs/renewmycoverage/> Older adults and people with disabilities who are eligible for MA can also find assistance through Trellis. Medicare Counseling is available and very helpful for getting you on the best plan for your needs.



What is a TED Talk?

TEDTalks are short video presentations introducing us to new ideas or presenting a fresh perspective on something we already know. Scientists, researchers, technologists, artists, designers, and others aim to stir our curiosity and get us talking. The goal is to present "Ideas Worth Spreading" to an audience of people open to being inspired or possibly wanting an introduction to a topic they never considered before.

If this sounds interesting, join us for an hour once a month. We watch several short videos on a single topic and discuss how it relates to us.

It's fun and often leads to thinking about ideas we never considered before.

**10:30 a.m. Thursdays W7
August 3, September 7 and October 5**

New Topics:

August: Ambiguous Loss

September: Life is Beautiful

October: Loss of Wisdom



Have Medicaid or CHIP?



SCAN THE QR CODE TO
LEARN MORE, OR VISIT:
[MEDICAID.GOV/RENEWALS](https://medicaid.gov/renewals)

MEET SARA, NEW KEYSTONE VOLUNTEER MANAGER

I am thrilled to be Keystone's new Volunteer Engagement Manager and appreciate the warm welcome from staff and volunteers alike.

I moved to St. Paul in 2004 and live in the West 7th neighborhood. A few years ago I had one epic failure of a year in the community garden, but enjoy gardening at my sister's cabin, my happy place.

My favorite things: being Auntie Sara, "up north", bar trivia, dim sum, Husker Football, Minnesota Twins and the people of the W 7th community.



I love gathering people together for good work and have worked in nonprofit development and program management for over 25 years. Because I have been a longtime contributor to the Humphrey School's International Fellows Host Family Program, I have friends from all over the world and am lucky to be able to share all of Minnesota's best things with them during their fellowship year.

I'm looking forward to contributing to all of Keystone's work and the exciting things to come.

If you'd like to know more about volunteer opportunities at Keystone, please reach out!
sfleetham@keystoneservices.org
or 651-797-7725.

ARTS PROGRAMMING



Arts programming continues! Our grants from the Metropolitan Regional Arts Council and Minnesota State Arts Board make it possible for us to continue offering free arts programming through the winter on Monday afternoons at W7th. Spread your "creative wings." Programming is for all, no matter your experience with art. We are all learners in these groups.

Keystone arts funding is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board thanks to a legislative appropriation from the arts and cultural heritage fund.

Journaling into Fiction W7

Judy Daniels returns to help us build on her previous class, "Journaling into Fiction." Judy is a poet and short story writer who first designed this course for a 10-week U of M writing program. She is bringing us a shortened version of this fascinating class to help kick-start your journaling and/or fiction writing. No experience is needed. Everyone is welcome to join us.

Free class! RSVP so we know who's coming!

Mondays, September 11, 18 and 25

1:00–3:00 Cost: Free!

Seasonal Craft Projects W7

There is a crafter/artist in all of us. Together we will explore this side of ourselves while we create simple, attractive Fall themed crafts. We will use each other's experience to teach and learn.

All supplies included.

Free class! RSVP so we know you're coming!

Mondays, October 9, 16

1:00–3:00 Cost: Free!



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that Support our
Community!



Community Resources

COMMUNITY RESOURCES:

Friends and Co:

Elder Friends Phone Companions
(friendly phone conversations)
612-746-0737

Minnesota Food Hotline:

Learn about programs to help
pay for food and get food.
1-888-711-1151

Ramsey County Financial Assistance:

Learn and sign up for financial
assistance and inquire about
healthcare programs.
651-266-4444

Senior Linkage Line:

Speak with local aging experts
about resources and other
general needs.
1-800-333-2433

Help at Your Door:

Grocery shopping and delivery
to your home. Sliding fee scale
and accepts SNAP/EBT.
651-642-1892

Mental Health Resources:

Adult Mental Health Crisis Line:
651-266-7900

Minnesota Mental Health Helpline:

1-800-862-1799

Jewish Family Services:

Free 20 minute phone
conversations with mental
health professionals.
651-239-4756

AARP SMART DRIVER PROGRAM

Four-hour
refresher course: **W7**

Thursday, October 12;
12:30 – 4:30 pm

Call 651-298-5493 ASAP
Space is limited.
Call to reserve your spot.

Cost: \$25



DON'T FORGET YOUR YEARLY WELLNESS VISIT!

Schedule with
your Doctor
today

- Annual wellness exam
- Influenza vaccine
- Pneumococcal vaccines
- Breast cancer screening
- Colorectal cancer screening
- Cholesterol screening
- Diabetes screening
- High blood pressure screening
- Osteoporosis screening



HEALTH CARE COUNSELING

FREE Health Insurance counseling is available by appointment only. A trained volunteer will help determine your best options.



Must make appointments through Senior Linkage; **trellisconnects.org/get-help/medicare** or call **800-233-2433**, or call Keystone and we can assist you with signing up

1-hour appointments 9:30 a.m. – 12:30 p.m.
2nd Thursday W7 Aug. 10, Sept. 14 & Oct. 12 & 19
3rd Wednesday MPCC Aug. 16, Sept. 20 & Oct. 11 & 18

Pre-Planned Cremation Seminars

Pre-planning your cremation through National Cremation Society is a wise choice and a gift to your family; defining final care, providing peace of mind, and ensuring your wishes are met.

Your loved ones are spared the heartache of making difficult decisions at an already emotional time. We offer comprehensive plans with affordable and flexible payment options.

W7

Tuesday, October 3
2:00 p.m.-3:00 p.m.

Place Your Ad Here and Support our Community!

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ballrich@lpicommunities.com

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Keystone Community Svcs, Saint Paul, MN

D 4C 02-1107




2000 St. Anthony Avenue
St. Paul, MN 55104


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Inclement Weather Procedures:

If Keystone needs to close or cancel programming due to weather or other circumstances, we will do our best to post it to our website and social media sites such as Facebook. When appropriate, we will also post the updates to WCCO News. Our main phone line will also have up-to-date information for you regarding closures. Always use your best judgment when choosing to join us for a program. Stay safe!

 **Phone** 651.645.0349

 **Website** keystoneservices.org

 **Merriam Park CC:** 2000 St. Anthony Ave,
St. Paul, MN 55104 | tel 651-645-0349

 **West 7th CC:** 265 Oneida Street,
St. Paul, MN 55102 | tel 651-298-5493



ALL ARE WELCOME!



You will receive **free, fresh fruits and vegetables**
All events take place from **10:00 a.m. – 12:00 p.m.**

Scan the QR code to learn more!

**ROSEVILLE
COVENANT CHURCH**
2865 Hamline Ave N, Roseville

- June 2
- July 7
- August 4
- September 1
- October 6

 651-645-0349

**RICE AND
ARLINGTON FIELD**
1500 Rice St, St. Paul

- June 9
- July 14
- August 11
- September 8
- October 13

 info@keystoneservices.org

ALLIANZ FIELD
400 Snelling Ave N, St. Paul

- June 16
- July 21
- August 25
- September 15

 keystoneservices.org