



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

FEBRUARY, MARCH, APRIL 2024

INSIDE THIS ISSUE

Annual Membership	2
Community Garden	3
Calendars	4-6
Exercise & Activities	8-9
The Benefits of Optimism	11
Ongoing Services	12
Arts Programming	13
Community Resources	14-15



Keystone Community Food Center

In 2019, the dream for a new Community Food Center was born during a community engagement process that included input from over 700 community members. With guidance from our community, Keystone has been on a journey to expand food support and resources for neighbors in Ramsey County.

Knowing we needed more space to store and distribute food, Keystone searched for an affordable location that would give us space to design a building that fit our needs and vision. After an extensive search and with early lead gifts, we purchased the buildings located at 1800 University Avenue West in St. Paul in 2020.

Over the last few years, Keystone has been planning, designing, and raising funds to make the Keystone Community Food Center (KCFC) possible! Our community has generously given nearly \$11M to help open the new center! The KCFC is bringing all of Keystone's food shelf programs, including the Foodmobile, food shelf grocery delivery program, and resource navigation services under one roof. This one location

will be a hub for food support and a welcoming place for all!

The new building features:

- A large food market to give participants an efficient and dignified shopping experience
- A warehouse to increase capacity to store and distribute food
- Lobby and Community Room which will be gathering spaces and places for expanded programming
- A three-bay garage, giving space to expand Foodmobile and neighborhood-based community food distribution
- Volunteer space to expand capacity to engage volunteers who keep Keystone running

With our community's incredible and generous support for the Opening Doors to Food campaign, Keystone's Community Food Center opened its doors in January! If you'd like more information about the new building, please visit our website and social media accounts for details and exciting news.

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



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 _____

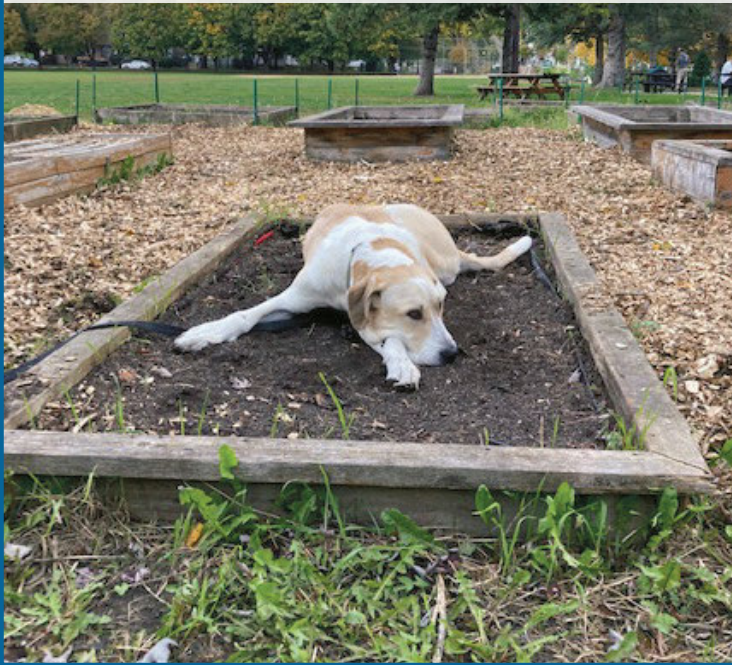
Address _____

Phone# _____ Email _____

Emergency Contact (name & phone #) _____

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

"Hilbert wishes you would come join him in the garden."



YOU ASKED, WE ANSWERED!

Last summer we heard from neighbors that they'd like to see more gardens here at West 7th. So, this coming growing season, Keystone is starting a community garden! The previously unused garden beds behind the playground will be converted to grow both pollinator plants and edible plants like tomatoes, lettuce, carrots, peppers, herbs, squash, and more.

Additionally, the garden bed in front of the West 7th library will be filled with pollinator-friendly plants. We are thrilled to create a space that will both beautify our community center and provide fresh produce to our neighbors.

If you are interested in helping with the garden, whether with planting, weeding, harvesting, or watering, or anything else, please contact Niki at 651-298-5493 or nblue@keystoneservices.org.

ZOOM PROGRAMS

ZOOM Word Games

Mondays,

11:00 a.m. – 12:00 p.m. on ZOOM

No meetings on Monday, February 19

ZOOM Social

Tuesdays,

1:00 – 2:00 p.m. on ZOOM

ZOOM Dice Games

Thursdays,

2:00 – 3:00 p.m. on ZOOM

ZOOM Bingo

Thursdays,

February 15, March 21 and April 18

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.



VINTAGE VOICES CHOIR

Beginning Wednesday, March 27, our Community Sing Along group will transition to our new Vintage Voices Choir. The choir will meet weekly on Wednesdays from 1:30 p.m. to 3:00 p.m. for 8-weeks. There will be a concert the evening of May 16th to show off to our family and friends! Just like our singalong, no experience is necessary.

Music is good for your heart, brain and soul.

Come join us for a joyful celebration

February 2024 Events

MP Merriam Park **W7** West 7th **MW** Both Locations



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
1:00 COMPAS Art Class: Painting with Katrina
11:00 ZOOM: Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
3:00 Cremation Seminar
1:00 ZOOM: Social

9:15 Pickleball
9:00 Foot Care with Susan
9:30 Fit & Fabulous (also on ZOOM)
1:00 COMPAS Art Class: Painting with Katrina
11:00 ZOOM: Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 ZOOM: Social
9:00 Off-Site: Coffee with the Guys

19
President's Day
 KEYSTONE CLOSED

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 ZOOM: Social

9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
1:00 COMPAS Art Class: Painting with Katrina
11:00 ZOOM: Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 ZOOM: Social

9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage

9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
Happy Valentine's Day!

9:15 Pickleball
9:30 Health Care Counseling
9:30 Fit & Fabulous
12:30 Cribbage
3:00 Ask the Lawyer

9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
1:30 Community Sing Along

9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
10:30 TED Talks
2:00 ZOOM: Dice Games

9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
9:30 Health Care Counseling
5:30 Book Club
2:00 ZOOM: Dice Games

9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
11:00 Bingo (also on Zoom)
2:00 ZOOM: Dice Games

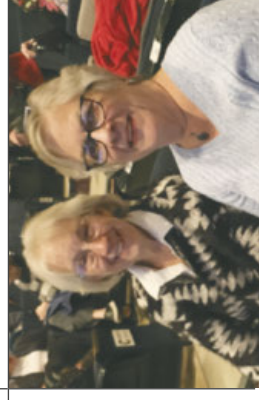
9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
2:00 ZOOM: Dice Games

2
11:30 Scrabble
10:00 Fare For All
12:30 Cards

9
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

16
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

23
11:30 Scrabble
12:30 Cards
9:00 Gym Walking



29
9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
2:00 ZOOM: Dice Games

March 2024 Events

MP Merriam Park

W7 West 7th

MW Both Locations

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4
9:15 Pickleball
9:30 Fit & Fabulous (also on Zoom)
1:00 COMPAS Art Class: Painting with Katrina
11:00 **ZOOM:** Word Games

5
9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social

6
9:15 Pickleball
9:30 Fit & Fabulous
9:40 Foot Care with Joan
12:30 Cribbage

7
9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
10:30 TED Talk
2:00 **ZOOM:** Dice Games

1
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

8
11:30 Scrabble
10:00 Fare For All
12:30 Cards

11
9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
1:00 Learn to Crochet
11:00 **ZOOM:** Word Games

12
9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social
9:00 **Off-Site:** Coffee with the Guys

13
9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage

14
9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
9:30 Health Care
5:30 Counseling
2:00 Book Club
2:00 **ZOOM:** Dice Games

15
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

18
9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
1:00 Learn to Crochet
11:00 **ZOOM:** Word Games

19
9:15 Pickleball
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social

20
9:15 Pickleball
9:30 Fit & Fabulous
9:30 Health Care
12:30 Counseling
3:00 Cribbage
3:00 Ask the Lawyer

21
9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
11:00 Bingo (also on ZOOM)
2:00 **ZOOM:** Dice Games

22
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

25
9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
1:00 Learn to Crochet
11:00 **ZOOM:** Word Games

26
9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social

27
9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
1:30 Vintage Voices
Choir practice

28
9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
2:00 **ZOOM:** Dice Games

29
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

April 2024 Events

MP Merriam Park **W7** West 7th **MW** Both Locations



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:15 Pickleball
9:30 Fit & Fabulous
 (also on Zoom)
1:00 Art in a Box—
 Paper Collage
11:00 **ZOOM:** Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social

9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
1:30 Vintage Voices
 Choir practice

9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
10:30 TED Talks
2:00 **ZOOM:** Dice Games

11:30 Scrabble
10:00 Fare for All
12:30 Cards

9:15 Pickleball
9:00 Foot Care with Susan
9:30 Fit & Fabulous
 (also on Zoom)
1:00 Art in a Box—
 Mandala Design
11:00 **ZOOM:** Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social
9:00 Off-Site: Coffee
 with the Guys

9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
1:30 Vintage Voices
 Choir practice

9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
9:30 Health Care Counseling
1:00 Smart Driver
5:30 Book Club
2:00 **ZOOM:** Dice Games

11:30 Scrabble
12:30 Cards
9:00 Gym Walking

9:15 Pickleball
9:30 Fit & Fabulous
 (also on Zoom)
1:00 Art in a Box—
 Poet's Workbook
11:00 **ZOOM:** Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social

9:15 Pickleball
9:30 Health Care
 Counseling
9:30 Fit & Fabulous
12:30 Cribbage
1:30 Vintage Voices
 Choir practice
3:00 Ask the Lawyer

9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
11:00 Bingo (also on Zoom)
2:00 **ZOOM:** Dice Games

11:30 Scrabble
12:30 Cards
9:00 Gym Walking

9:15 Pickleball
9:30 Fit & Fabulous
 (also on Zoom)
11:00 **ZOOM:** Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social

9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
1:00 Senior Center
 Open House
1:30 Vintage Voices
 Choir practice

9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
2:00 **ZOOM:** Dice Games

11:30 Scrabble
12:30 Cards
9:00 Gym Walking

9:15 Pickleball
9:30 Fit & Fabulous
 (also on Zoom)
11:00 **ZOOM:** Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 **ZOOM:** Social

9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
1:00 Senior Center
 Open House
1:30 Vintage Voices
 Choir practice

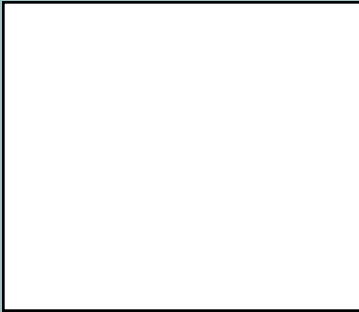
9:15 Pickleball
9:30 Bridge I
9:30 Fit & Fabulous
2:00 **ZOOM:** Dice Games

11:30 Scrabble
12:30 Cards
9:00 Gym Walking



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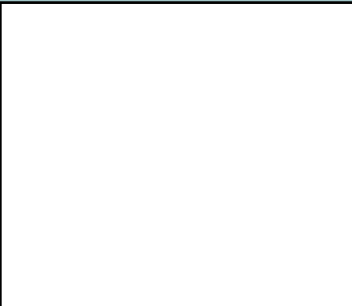
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Ongoing Exercise & Activities



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

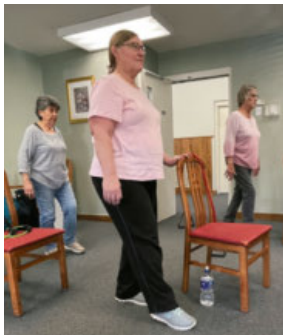
No class on Monday, February 19

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).

Gentle Exercise **MP**

This Arthritis Foundation Exercise Program (AFEP) class, while designed for people living with arthritis, is open to anyone looking for a gentle exercise class. Arthritis Foundation-trained Instructor Bonnie Eller will lead this low-impact, joint-safe class, teaching gentle stretching and strengthening. The movements in class can be done standing or sitting.



**6-week session
(Tuesday only);
February 6 – March 12**

1-week break:
Tuesday, March 19

**6-week session
(Tuesday only);
March 26 – April 30**

Pickleball **MP**

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

Mondays, Tuesdays, Wednesdays & Thursdays

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

MP 1st appt at 9:40

Wednesday, March 6 with Joan Strumpf

9:40 a.m. – 1:30 p.m.

40 minute appointments

Cost: \$50

W7 1st appt at 9:00

**Monday, February 12, and April 8
with Susan Janicke**

9:00 a.m. – 2:00 p.m.

30 minute appointments

Cost: \$45

Call to make an appointment



Krafters **MP**

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

Tuesdays

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, February 15, March 21, and April 18
11:00 a.m. – 12:00 p.m. on Zoom or at W7th

Ask the Lawyer: Senior Specialty Legal Advice **W7**

Dave Burns offers FREE one-time 15-minute consultations on the third Wednesday of each month to assist with elder law issues. Registration required.

3rd Wednesday of the month
November 15, December 20, January 17
3:00 p.m. – 5:00 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 staff person, Phil will be hosting.

February 21, March 20, April 17



Keystone Active Seniors Open House **MP**

Come see what we are all about! Join us for light refreshments, activities, and prizes, and see what programming Keystone offers older adults. We also want to hear from you about what programming you would like to see offered. Bring a friend!

Wednesday, April 24: 1:00 p.m.- 2:30 p.m. FREE

Bridge 1 **MP**

Match up with players according to your desired level of play. Meets on Thursdays.

Brush-up: Thursdays
9:30 a.m. – 11:30 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
11:30 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 – February 8, March 14 and April 11
5:30 p.m. – 7:00 p.m.

Cribbage **MP**

Weekly games of Cribbage, new players welcome!

Wednesdays
12:30 p.m. - 2:30 p.m.

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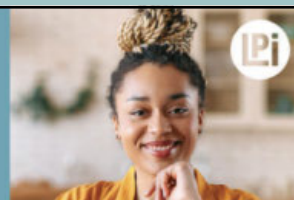


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The Health Benefits of Optimism

By Kathleen Doheny for Senior Planet

Positive thinking, in general, and about your age as you get older, can do more than win friends, and keep you smiling. Being positive, including being positive about aging, is linked with many health benefits, such as the delay of mental decline.

And if positivity doesn't come naturally to you, you can learn to become better at it, experts say.

Positive beliefs about aging can help older adults recover from mild cognitive impairment (having memory and thinking problems more than others your age) and do so sooner than their more negative counterparts, according to a study that evaluated more than 1,700 men and women, average age 78. While it is widely assumed that those who get MCI will not recover, about half do regain normal thinking, according to researcher Becca Levy, PhD, professor of epidemiology at Yale University's School of Public Health and professor of psychology at Yale University. Her study found recovery was much more likely in those with positive age beliefs.

A positive outlook on life can also reduce the risk of a dementia diagnosis, other researchers found. They looked at the results of several previous studies, with more than 44,000 people, a fraction of whom were diagnosed with dementia, finding that those who were creative, agreeable, and friendly were less likely to get a dementia diagnosis than those who were negative and often distressed.

Optimism and other facets of psychological well-being are linked with better heart health.

"Positive age beliefs can act as a resource and an inspiration," said Levy, who wrote *Breaking the Age Code: How Your Beliefs About Aging Determine How Long & Well You Live*. Her extensive research suggests that our negative age beliefs influence many health issues commonly attributed to aging.

In her research, she says, "We have found that positive age beliefs may lead to better health outcomes through three pathways – psychological, behavioral, and physiological. "For instance," she adds, "those with more positive

age beliefs tend to have a higher self-efficacy (such as believing in one's skills and ability), engage in positive behavior such as physical activity, and tend to have lower levels of stress biomarkers."

People can learn to strengthen their positive beliefs about aging and, in the process, improve their physical functioning, Levy has shown in her research.

But you don't need to join her research studies to learn how to do that. Here are her tips:

Get Inspired!

"Develop a portfolio of diverse and positive older role models," she says. One way: List four older people you admire—two from your life and two from the world at large, such as from the arts or history.

Pick Qualities to Emulate

For each older role model, pick one or more qualities that you admire and would like to strengthen in yourself as you get older. Ideally, you will pick out different attributes for each person you admire most. One person might have a particularly great sense of humor, whereas another may firmly commit to social justice."

Recognize your Patterns

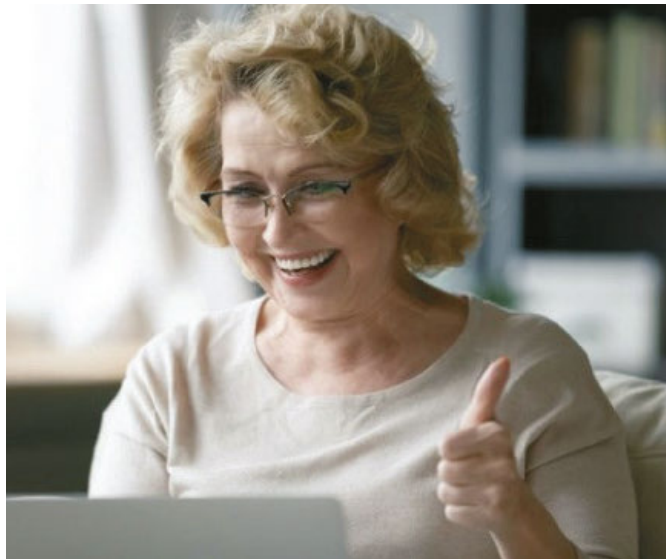
Jot down the first five words or phrases you think of when you think of an older person. Then, just notice: How many are negative? How many are accurate?

It may take time to turn around a negative outlook, but like physical exercise, a fifteen-minute mental exercise can pay off in improved mood and much more. Try it and see!

Kathleen Doheny is a Los Angeles-based independent journalist specializing in health, behavior, fitness, and lifestyle stories. Besides writing for Senior Planet, she reports for WebMD, Medscape, MedCentral, and other sites. She is a mom, a mother-in-law, and a proud and happy Mimi who likes to hike, jog, and shop.

This article offered by Senior Planet and Older Adults Technology Services is for informational purposes only and is not intended to substitute for professional medical advice, diagnosis, or treatment.

Doheny photo: Shaun Newton



Our community sing-along is expanding into something new!

VocalEssence Vintage Voices is an exciting new choral program that integrates the arts into the everyday lives of older adults by fostering the creation of choirs in assisted living communities and senior centers.

Activities include choral rehearsals with conductor Rob Graham and accompanist John Jensen for 8 weeks, culminating in an on-site concert for friends, family, neighbors, and community members. Weekly rehearsals focus on singing together and incorporate sensory-rich activities, social, and reflection time. This interactive, ongoing approach aims to elicit proven health benefits of creative arts, including improved health outcomes, reduced depression, increased engagement and pleasure, and improved self-esteem. No audition is necessary to participate. **All are welcome!**



Wednesdays
March 27- May 16
1:30 p.m. - 3:00 p.m.

FREE! Call to register.
Public concert will be held in late May.



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**
February 1, March 7, and April 4

New Topics:
February: Awe

March: A tale of two Americas and the mini-mart where they collided

April: Three practices for wisdom and wholeness

COME SEE OUR FOOT CARE NURSE, DR. SUSAN JANICKE



Hello! I'm Susan Janicke, the new foot care nurse for Keystone. I am happy to join Keystone in providing this service to the West 7th community.

Foot care is particularly important for individuals with chronic diseases such as diabetes, heart failure, peripheral vascular disease, and certain neurological disorders.

I've been practicing foot care for six years. I studied foot care at the University of Wisconsin, Eau Claire, WI.

I am a registered nurse and a nurse practitioner. I studied nursing at Excelsior University, Albany, NY and Graceland University, Independence, MO.

I live in rural Kenyon, Minnesota. But I travel frequently to the West Seventh area.

My husband and I have two sons and two beautiful grandchildren who live there.

Dr. Susan B. Janicke, Doctor of Nursing Practice-Certified Foot Care Nurse

ARTS PROGRAMMING

Arts programming continues! Our grants from the Metropolitan Regional Council and Minnesota State Arts Board allow us to continue offering free arts programming through the winter on Monday afternoons W7th. Spread your "creative wings." Programming is for 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 State Arts Board thanks to a legislative appropriation from the Arts and Cultural Heritage fund.



W7 Rosemaling on Wood and other Painting Projects with Katrina Knutson

Mondays, February 5 - March 4, 1:00 - 3:00

Call to register (no class Feb. 19)

1:00-3:00 Cost: Free!

W7 Beginning Crochet

Learn the crochet basics with lifelong Crocheters Linda Andrett and Mary Lou Wall. Crochet hooks and yarn will be provided.

Mondays, March 11, 18 and 25

Call to register

1:00-3:00 Cost: Free!

W7 COMPAS Art Kits

We will work on three separate art kits provided by COMPAS Art Artists:

- Paper Design Collage Art Kit
- Mandala Design Art Kit
- Poet's Workbook Art Kit

All supplies and instructions are included. Karlene, the Senior Activity Coordinator, will lead the class.

Mondays, April 1, 8 and 15

Call to register

1:00-3:00 Cost: Free!



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Community Resources

Volunteer Corner

The volunteer team is thrilled that the Keystone Community Food Center, (KCFC) 1800 University Ave, St. Paul, opened for food shelf service on January 3. Our food shelves, foodmobile and grocery delivery – all part of Keystone's Basic Needs Program – are housed at the new building. More than 120 current volunteers have already toured, trained and completed a volunteer shift at KCFC.

We appreciate all the volunteer help in December with closing, moving and cleaning the food shelves, and providing alternative service to participants via the foodmobile. There was also a stellar crew helping at the Merriam Park Community Center to sort and pallet incoming food donations throughout the month of December. More than 20 pallets of donations were moved from Merriam Park to KCFC!



It has been fun to bring our tenured volunteers together at one location and learn new processes together. It is an amazing new space and we have the best volunteers! Over the next few weeks, we will hire a volunteer coordinator specifically housed at KCFC to provide support to volunteers and a connection to program area staff. We would love to hear from you if you would like to explore ways to support Keystone through the gift of your time. The new coordinator and I will return to onboarding new volunteers before the end of January.

— Sara Fleetham, Volunteer Engagement

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

Rainbow Health:

Advocating for and serving the LGBTQ+ community, those living with HIV, and all folks facing barriers to equitable healthcare.
612-341-2060

AARP SMART DRIVER PROGRAM



Four-hour refresher course: **W7**

**Wednesday, April 11
at W7: 1:00 – 5:00**

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

Cost: \$25

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 at W7 –

February 8, March 14 and April 11

3rd Wednesday at MPCC –

February 21, March 20 and April 17

Fare for All Dates 2024

Jan 5 – 1st Friday

Feb 2 – 1st Friday

Mar 8 – 2nd Friday

Apr 5 – 1st Friday

May 3 – 1st Friday

Jun 7 – 1st Friday

Jul 12 – 2nd Friday

Aug 9 – 2nd Friday

Sept 6 – 1st Friday

Oct 4 – 1st Friday

Nov 1 – 1st Friday

Dec 1 – 1st Wednesday



Fare For All is a pop-up grocery store. We sell packs of fresh produce and frozen meat at up to 40% off of retail prices. Everyone is welcome to participate. We follow a co-op model, so the more people who shop, the better the discounts. We accept cash, credit, debit, and EBT cards. Cards are preferred. We do not accept checks. Just stop by and shop!

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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

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