



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

OCTOBER 2021

Due to the COVID-19 outbreak all of our Senior activities are subject to change with short notice. Call ahead if you have questions. Masks are required inside all of our sites.

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 Senior Center
651-645-7424
- West 7th Community Center
651-298-5493

“You can be powerful even when you are fragile”

This quote from an article I recently read on bereavement has really stuck with me. I have felt fragile so many times during the past 18 months as I have navigated the challenges brought on by the COVID-19 pandemic here at Keystone and at home. I am guessing most of you have felt the same way. Many of us have experienced multiple losses due to the pandemic, some significant losses like the death of a loved one and some small, like the loss of in-person social activities with friends. These losses have accumulated over the past 18 months and I expect more are still to come. And for me, and likely for some of you, it has been difficult to figure out how to acknowledge and mourn the many losses we have experienced as the typical ways we have done that haven't been as available.

Yet I have also felt powerful, because this crisis has helped me focus in on my strengths and I have used them to support everyone in our Keystone community and my family and friends. I set up bi-weekly Zoom calls back in April 2020 so my 12 siblings and I could communicate regularly with my parents who were isolated at home. Many of you learned how to Zoom and found a new way to stay in touch. At Keystone, we set up virtual activities and so many of you took advantage of this new way of connecting with each other. You also found new ways to connect with family, neighbors and friends. None of us expected to be doing so many things so differently yet we did. And even while we felt fragile, we used our strengths – some familiar to us and some new – to help us through this challenging time.



In the coming months, we will be offering opportunities for you to share with us and your fellow Keystone friends the losses you have experienced and some of the new-found strengths you have used to navigate through this crisis. We are so grateful for all of you and look forward to learning from you.

— Mary McKeown, President, CEO of Keystone Community Services

Seniors Annual Membership



Keystone's Active Seniors Annual Membership

\$30 per person for a 1 year membership
\$35 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 and 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.
- Your support allowed us to maintain the program during the pandemic and develop virtual programs.
Thank you!

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 651-645-7424

Keystone's Active Seniors Annual Membership

Name(s) _____ Date _____

Address _____

Phone# _____ Email _____

Emergency Contact (name & phone #) _____

Membership Level: \$30 \$35 membership + mailed newsletter (1 per household)

COMMUNITY RESOURCES:

Little Brothers

Friends of the Elderly:

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

GROCERY/ FOOD PROGRAMS:

Getting out to get groceries while staying safe can be challenging these days. We want to share a few programs that might be useful to you or someone you know.

FREE FOOD DELIVERY PROGRAM:

Keystone has partnered with neighborhood volunteer drivers to deliver food to residents.

- What food will I receive? Each food delivery package will include non-perishable items, produce, bakery items, and milk and meat if available. Participants will be offered their choice of a Meat, No Pork, or Vegetarian option.
- How do I sign up? People who are interested in scheduling a delivery should contact the Keystone site at 651-645-7424. See back page or visit our website for full details.

RAMSEY COUNTY PREPARED FOOD DELIVERY:

Ramsey County Meals on Wheels Programs are providing free locally prepared meals to adults who are isolated due to COVID. Frozen, locally prepared meals, will be delivered weekly and are funded by the CARES Act. Please call to learn more or sign up 651-318-9091.

LOCAL GROCERY STORES THAT DELIVER:

Most local groceries stores also provide delivery for free or a small fee. Look at their website or give them a call to order. If you need help with on-line grocery orders, contact Cyber-Seniors (*see page 15 for more information*). Fare for All is scheduled at West 7th usually on the second Friday each month from 10-Noon. Call to confirm.

Ignore bogus COVID vaccine survey FTC Consumer Information

Scammers are using a new trick to steal your money and personal information: a bogus COVID vaccine survey.

People across the country are reporting getting emails and texts out of the blue, asking them to complete a limited-time survey about the Pfizer, Moderna, or AstraZeneca vaccine. (And no doubt, there may be one for Johnson & Johnson, too.) In exchange, people are offered a free reward, but asked to pay shipping fees.



If you get an email or text like this, STOP. It's a scam.
www.consumer.ftc.gov

Keystone Support



Meals on Wheels



Delivering healthy food & friendly smiles

- You can sign up for a short period or long-term
- Available to anyone - no eligibility requirements
- Offering affordable meals with a sliding fee scale
- Meals are prepared locally and delivered by friendly volunteers

Keystone is the provider in the local area but call Metro Meals on Wheels (612) 623-3363 to sign up!



Keystone Programs available to older adults:

Friendly Visit Phone Calls:

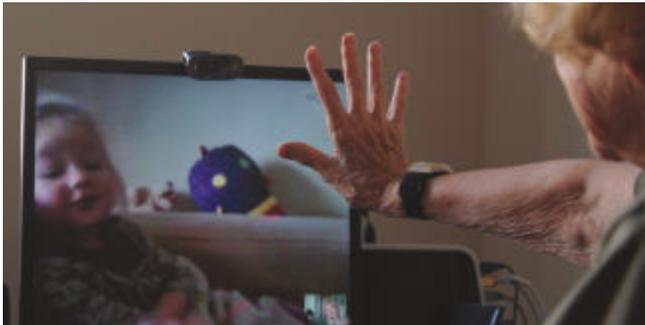
Have a staff member or volunteer call for a check-in and chat. Call to get set-up 651-645-0349.

Social Work Support:

Speak with one of Keystone's Care Managers for local resources and support. Call Holly at 651-504-2594 and leave a voicemail for a callback.

Meals on Wheels:

Order up to 7 meals weekly to be delivered to your home. Asking about the sliding fee scale or free meal funds during the COVID Safe-at-Home situation. Meals can be heated in the microwave or oven and stored in the freezer or refrigerator. Call Metro MOW for more information or to sign up 612-623-3363.



Call us at 1-844-217-3057
to register for FREE webinars or to schedule one-on-one help over the phone.
www.cyberseniors.org • info@cyberseniors.org

Free Medicare Counseling and Presentations Provided by the Senior LinkAge Line

We offer one-on-one appointments to help older adults navigate the often-complex process of enrolling in Medicare or supplemental health insurance policies. Currently, we offer Health Insurance Counseling Phone Appointments. You can schedule your own Medicare Health Insurance Counseling appointment at trellisconnects.org/get-help/medicare/. Select a date and time that work best for you and be sure to bring your questions!

We are pleased to announce we will be offering In-Person Health Insurance Counseling for Medicare Open Enrollment starting this fall! Please look at our website, trellisconnects.org/get-help/medicare/, for future details.

In addition, join us for a virtual presentation on Medicare 101, Health Care Fraud and Scams, Health Care Directives, or How the Senior LinkAge Line Can Help You. We are also beginning to schedule in-person presentations for fall 2021.



You can register for or request these presentations at trellisconnects.org/get-help/upcoming-presentations.

**You've got questions. We've got answers.
Call the Senior LinkAge Line at 800-233-2433.**



Must make appointment through Senior LinkAge

Schedule on-line at
trellisconnects.org/get-help/medicare
Or call **800-233-2433**

1-hour appointments;
9:30 a.m. - 12:30 p.m.

2nd Thursday at W7th;
October 14, November 11, December 9
3rd Wednesday at MP;
October 20, November 17, December 15

Looking for Volunteers

VOLUNTEER HELP NEEDED!

Keystone is currently looking for volunteers to help sort and distribute food at our food shelves and deliver groceries to seniors in our community! Volunteers can help on a weekly, bi-weekly, or monthly basis or sign up for volunteer shifts as their schedule allows. Get started by submitting your volunteer application today!

To learn more about volunteering at Keystone, contact us at (651) 645-0349 or volunteer@keystoneservices.org.



FALL WORDS

from page 12

ANIMALS BIRDS & REPTILES	FOODS FRUITS & VEGETABLES	FLOWERS PLANTS & TREES
F FALCON FOX, FLY FAWN, FLEA FIREFLY, FROG FLAMINGO	FIGS, FRUITCAKE FLOUNDER, FORTUNE COOKIE FRANKFURTER FRIED CHICKEN	FORSYTHIA FERN FIG TREE FIR TREE FREESIA
A APE, ANT ANTELOPE ALLIGATOR ANTEATER AARDVARK	APPLES, APRICOTS ARTICHOKES, ASPARAGUS ANCHOVIES ANTIPASTO AVOCADO	AZALEA AFRICAN VIOLET ALOE APPLE TREE
L LION LAMB LEOPARD LLAMA, LOCUST LIZARD, LARK LABRADOR RETRIEVER	LEMON, LIME LETTUCE LAMB CHOPS LASAGNE LICORICE	LAVENDER LILAC LILY - OF THE VALLEY
L LOBSTER LADYBUG LHASA APSO	LIVERWURST LIMA BEANS LENTILS LEMONADE	LOTUS LARKSPUR EASTER LILY

ART CLASSES

Keystone is excited to partner with MRAC, COMPAS Arts and Anne McFaul Reid to offer art classes this fall at our West 7th Community Center. Call or email to register.

Watercolor Classes: W7

In this class, participants will draw upon their own experiences in nature and in doing so create a landscape, bird painting, or any nature inspired work. Participants will learn basic painting techniques, including brushwork and color mixing. This landscape can come from memories, places you have been or places you have always wanted to visit.

Mondays, October 4-18

1 p.m. to 3 p.m. Sign up now!! Supplies will be provided. **\$15 for whole series. Scholarships available.**



Seed Art: W7

You've maybe admired the Seed Art at the MN State Fair, now you can create your own! Think of a moment that you want to remember in a special way forever. Now, try and visualize that in seeds! Seed art is a creative and original way to capture a moment. Participants learn to transfer and/or draw an image and then, using seeds of various sizes and colors, arrange and glue them on a flat surface to make that image come alive. Using a memory shown in a photo works well also.

Mondays, October 25 - November 8

1 p.m. to 3 p.m. Sign up now!! Supplies will be provided. **\$15 for whole series. Scholarships available.**

MRAC 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.



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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 55+ and all abilities. Class includes stretching, endurance and weight lifting. Class meets in person to view video instructor. Join us at your comfort level. Recorded classes also available 24/7 on our website.

Mondays at West 7th **W7**

Wednesdays and Fridays at MPCC **MP**

9:30 a.m. – 10:15 a.m.

Arthritis Exercise **MP**

Arthritis Foundation trained exercise instructors will lead this low-impact, joint-safe exercise class; teaching gentle stretching and strengthening.

Tuesdays and Thursdays

11:00 a.m. – 11:45 a.m.

Six-week series:

September 14 – October 21; then one week break

Seven-week series:

November 2 – December 16; then two week break

Gym Walking **MP** **W7**

A nice safe, dry, (*cool or warm – depending on the season*) place to walk. Both W7th and Merriam Park Gyms available.

Mondays, Wednesdays, Fridays

9:00 a.m. – 11:30 a.m.

Pickleball **MP**

For those 55+. Novice and advanced Pickleball matches played for fun, and include similar levels of play.

You get a good, enjoyable work out.

Come check it out.

Starting: September 21 & 23.

Tuesdays and Thursdays

9:30 a.m. – 11:30 a.m. (*notice new times*)

Cost: \$2/session

Zoom Word Games

Join us weekly on ZOOM, to challenge and strengthen your mind through word games. We will rotate through four games: Scattergories, Boggle, Words within Words and “Let’s Make a Guess.” You will need paper and pen. Fun guaranteed! New game ideas welcomed. Call or Email Karlene for ZOOM link.

Mondays

11:00 a.m. – 12:00 p.m. on ZOOM (*notice new day*)

Krafters **MP**

Bring you 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. (*notice new times*)

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. (*notice new times*)

ZOOM Novel Book Club

Do you enjoy reading Novels and talking about what you’ve read? This group is for you. Our book club meets monthly on ZOOM, every 4th Wednesday. Call Karlene or email for Zoom link and book choices.

4th Wednesdays of the month

11:00 a.m. – 12:00 p.m.

Cribbage

Enjoy several games of cribbage. Games played with partners, and Tuesday’s games played with table rotation. Starting: September 13 & 14.

Mondays **W7**

12:30 p.m. – 2:30 p.m.

Wednesdays **MP**

12:30 p.m. – 2:30 p.m. (*notice new times*)

Foot Care Clinic **MP**

30 minute appointments.

Cost: \$40 (increase from last year)

2nd Wednesdays of the month

October 13, November 10 and December 8

9:30 a.m. – 1:30 p.m.

W7th: to be announced



Bingo W7

Join us in-person or through a ZOOM link
(October only on ZOOM)

The popularity of Bingo is undeniable. We will 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 send in monthly or quarterly payments for your cards to play.

3rd Wednesdays of the month

11:00 a.m. – 12:00 p.m. on Zoom or at W7th
*(notice new day and time; only bingo;
no lunch at this time)*

September and October only on ZOOM

November 17 at W7th/and on ZOOM
Call or email Karlene for ZOOM link

TED Talks *(starting again in November)*

Join us once a month for a discussion on an interesting topic. A few TED Talk videos will be shown on the TV screen, 10 - 15 minutes long, and a discussion will follow. Something new to learn and think about.

2nd Thursdays of the month

October 14

11:00 a.m. – 12:00 p.m. *(notice new day and times)*

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

October 6, November 3 & December 1

3:00 p.m. – 4:00 p.m.

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. Starting: September 16.

Bridge I: Thursdays

10:00 a.m. – 12:00 p.m

Bridge II: Thursdays

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. Starting: September 17.

Fridays 10:30 a.m. – 12:30 p.m. *(notice new times)*

Cards W7

Meet weekly with others who enjoy playing cards. Currently playing 500, but taking suggestions for other card games. Starting: September 17.

Fridays 12:30 p.m. – 2:30 p.m. *(notice new times)*

Book Club W7

Join us monthly, for a lively discussion with new “book loving” friends. Call Joan Dion at 651-489-8103 if you are interested.

2nd Thursdays of the month

6:00 p.m. – 8:00 p.m.

Dakota Squares Square Dancing W7

Square Dancing returns to West 7th Community Center! Instruction during the first 3 weeks only. Sept. 27th. and Oct. 4th. are free. Under 18 are always free.

Mondays beginning September 27th through January

6:15 p.m. – 8:00 p.m.

\$5/session

Under 18 are always welcome free of charge.

**To join any of our virtual activities:
RSVP to Karlene at 651-504-2599 or
knivacolgan@keystoneservices.org.**

Zoom can be used even if you don't have a computer or a camera on your computer. Call-in directions are included to join us via phone. You can join in the conversation and you can watch on your computer (we won't see you). It will still be fun! We are also posting recordings of previous exercise classes on our website. Check them out whenever you want.

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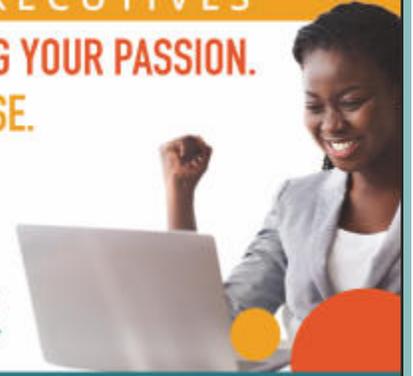


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STILL @ HOME

Saw migrating birds	Read a book	Washed my masks	Got my flu shot	Laughed
Watched kids play	Foggy morning	Frosty morning	Needed warm gloves	Went for a walk
Bought a pumpkin	Turned off the news	Stayed home	Ate something new	Got Some Rain!!!
Saw a school bus	Got another year older	Watched a game show on tv	Ate favorite dessert	Worked on a puzzle
Read this newsletter	Need to rake leaves	Had a picnic	Cried	Called a friend

myfreebingocards.com

Can you name items that fit the categories and start with the letters that spell FALL?

See possible answers on page 12



ANIMALS
BIRDS & REPTILES



FOODS
FRUITS & VEGETABLES



FLOWERS
PLANTS & TREES



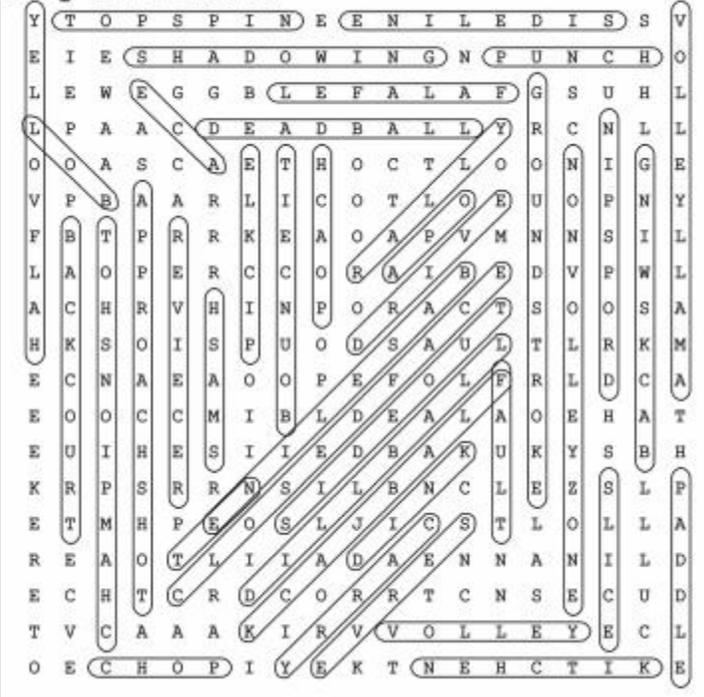
F

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Play Pickleball!



BOOK CLUB

Thursday, October 28: 11:00 a.m.

There, There:

by Tommy Orange

A relentlessly paced multi-generational story about violence and recovery, memory and identity, and the beauty and despair woven into the history of a nation and its people. It tells the story of twelve characters, each of whom have private reasons for traveling to the Big Oakland Powwow.

Wednesday, November 24: 11:00 a.m.

And the Mountains Echo:

by Khaled Hosseini

The novel is broken into nine chapters, each told from the perspective of a different character. Crossing generations and continents with profound wisdom, depth, insight and compassion, Khaled Hosseini writes about the bonds that define us and shape our lives.



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Word Search

Play Pickleball!

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 L E W E G G B L E F A L A F G S U H L
 L P A A C D E A D B A L L Y R C N L L
 O O A S C A E T H O C T L O O N I G E
 V P B A A R L I C O T L O E U O P N Y
 F B T P R R K E A O A P V M N N S I L
 L A O P E R C C O R A I B E D V P W L
 A C H R V H I N P O R A C T S O O S A
 H K S O I S P U O D S A U L T L R K M
 E C N A E A O O P E F O L F R L D C A
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 E C H T C R D C O R R T C N S E C U D
 T V C A A A K I R V V O L L E Y E C L
 O E C H O P I Y E K T N E H C T I K E

Word List:

ACE	BACKCOURT
BASELINE	CARRY
CHOP	DEADBALL
DINK	DROPSPIN
FAULT	GROUNDSTROKE
KITCHEN	NET
OPA	PICKLE
PUNCH	RECEIVER
SHADOWING	SIDEOUT
SMASH	VOLLEY
APPROACHSHOT	BACKSWING
BOUNCEIT	CHAMPIONSHOT
CLOSEDFACE	DILLBALL
DRIVE	FALAFEL
FLABJACK	HALFVOLLEY
LOB	NONVOLLEYZONE
PADDLE	POACH
RALLY	SERVE
SIDELINE	SLICE
TOPSPIN	VOLLEYLLAMA

See page 13 for answers.

Tours Update:

Hello Tour Friends! We wish we had other news, but we will not be offering any tours for 2021. Right now the earliest we might gather for a tour again will be April 2022. We will keep you updated as we make decisions. But there are many, many factors that are keeping travel very difficult for large groups, so we wait.

Stay well, have a happy, warm winter and we hope to travel with you when the weather gets warmer.

— Dave Bredemus and Teisha Magee



Plan for your future and protect what matters most.

Every single one of us needs a will and a way to protect the people you care about the most. To help you get started on your plans, Keystone is offering all our community members a free, online resource to guide you through the process of writing your will for everyone you love.

It takes 20 minutes to complete online and is always free!
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Senior Center

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

FREE GROCERY DELIVERY



We invite you try our new delivery program!

HOW IT WORKS

Keystone will deliver free food to your home once a month. Your grocery delivery will include meat, dairy, fresh fruits and vegetables, and pantry items. We will do our best to provide the foods you like and need.

WHO QUALIFIES?

To participate, you must:

- Be age 60 or older OR be certified disabled, AND
 - Have difficulty carrying your groceries
 - Do not have transportation to get groceries
 - Be at high risk for COVID-19
- Have a low income (see website or call for details)
- Live in a household of 3 people or fewer
- Live in Keystone's service area (see website or call for details)

This program is supported by the DHS Live Well at Home Grant



Learn more at
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