Everyone here at Keystone is thinking of you, and we hope you are well and healthy. It is very quiet at our two community centers without you, and we miss seeing you and hearing about your activities and families.

This has been a challenging time for everyone in our community, and we are grateful for the support of everyone who has reached out to see how they can help. We are committed to making sure our community of seniors are safe and well cared for during this unprecedented time in our country.

On the advice of experts and the Governor’s Stay-at-Home order, we have canceled our Active Senior Programs through June 15th, 2020. In keeping with the Center for Disease Control and Prevention (CDC) COVID-19 guidelines, the State of Minnesota is recommending that adults over the age of 65 stay home and limit their access to other people and public spaces.

So… our usual spring newsletter that was filled with events and activities for you is now filled with resources for you.

Keystone is open, and we can help you access any of the services listed in the newsletter if you need help or want to know more about the resource.

Below are the current Keystone program changes.

- **Active Senior Programs** have been canceled until June 15th, 2020. That date may be extended if needed to ensure that our community of seniors remains safe and healthy.
- **Keystone History Tours** are canceled through June 30th, 2020.
- **Meals on Wheels** remains open, but we switched to weekly frozen meal delivery to reduce the risk of exposure for participants and volunteers. We are able to take new participants.
- **Keystone Food Shelves** are open with modified service to reduce the risk of exposure.
- **Case Management** department remains open, but all staff are working from home.

We understand how important social connections are for all of us. We encourage you to remain connected with friends and family. Try setting up a phone call schedule with friends and family, so you are connecting with someone 2-3 times per week.

Keystone has started a new Friendly Visiting Phone Call Program, and staff and volunteers are scheduling friendly phone visits every week for our senior participants. If you would like to be part of this new program, call 651-645-0349.

We are grateful for the many people who have reached out to ask how they can help, including many of you! Keystone is here to help in any way we can, and please do not hesitate to call. Together, we will get through this challenging time.

**Please take care of yourselves and know we are thinking about you.**

Call us at 651-645-0349.

Mary McKeown, Keystone President, and the Keystone Senior Services Staff.
Food Shelf Groceries delivered to your home:

During this COVID-19 pandemic, Keystone is modifying our food shelf services to meet the changing needs in our communities. Metro Mobility will deliver Keystone’s Food Shelf Items to community members unable to access one of our food shelves.

How the program works:
Who is eligible? Ramsey County households with four or fewer individuals who are not able to access our food shelves are eligible for the service.

When are deliveries? Deliveries are scheduled on Tuesday, Thursday, and Friday afternoons, with a delivery window between 2:00 and 4:00. For food safety, all deliveries will be made within one hour of departing our food shelf. Food will be delivered by Metro Mobility drivers and vehicles.

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 Midway site at 651-917-3792. If people have not previously visited a Keystone food shelf, they will complete a food shelf intake by phone, then schedule an appointment for the next available delivery spot.

JOIN OUR TEAM & MAKE A DIFFERENCE IN YOUR COMMUNITY

In 2019 volunteers provided over 33,000 hours to Keystone’s programs. Our programs can’t make it without the help from our community of volunteers. When programs resume, we look forward to welcoming new volunteers. Find your way to be involved!

Transportation Driver – Help neighborhood seniors run errands or get to medical appointments.

Tutor/Reading Buddy – Practice reading or math skills with young people. Offer homework assistance.

Community Events – Help with our special programs and special events.

Food Shelf and FoodMobile Assistant – Stock shelves, sort donations and help clients shop at our food shelves or on our mobile food shelf.

Learn more or sign up at www.keystoneservices.org or call 651-645-0349
Community Resources

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.

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

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!
Jewish Family Services has launched a new program that includes three 20-minute phone conversations with one of their mental health professionals. The goal of the program is to help people feel more grounded and emotionally secure. The therapist will also discuss strategies for improving their sense of well-being. Contact Sara Wellington at (651) 239-4756 or email her at swellington@jfssp.org. There is no fee for this service; however, donations to the program are appreciated.
Do you need help using your smartphone, tablet, or computer? Cyber-Seniors' trained Tech Mentors are young people who teach technology to older adults. They’ll help you learn to:

- set up a video call with friends and family
- order your groceries and medications and arrange for their delivery
- set up video appointments with medical professionals
- stream news, videos, music, and more

Together, we can bridge the digital divide and help seniors stay connected.

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

Sudoku (See answer on page 15)

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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5  4  1
1  9  5  4  7
3  5
1  3
6  5  3
7  5  3
3  2  1  4
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COVID-19 FAQ’s

We know this whole situation is causing a lot of confusion, and you may have questions. Here are answers to some of the more common questions.

What is a coronavirus?
Coronaviruses are a large family of viruses that may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the symptoms of COVID-19?
The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat, or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don’t develop any symptoms and don’t feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough, and difficulty breathing should seek medical attention.

Resources to manage anxiety
We recognize the stress and anxiety that this outbreak of coronavirus is creating for many. Things you can do to support yourself may include:

● Avoid excessive exposure to media coverage of coronavirus.
● Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
● Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do some other activities you enjoy to return to your normal life.

Bottom Line On Masks & Gloves:
● Wear a mask when you are in “exposure” zones (mainly places with other people).
● Treat your home, car, and yard as safe places (no mask or gloves).
● Be on high alert on what you are doing with your hands when you are in “danger zones.” This is when you must not touch your face.
● Consider wearing gloves (even winter gloves or work gloves can be helpful) but only for short periods of time and only when in “touch exposure” danger zones.
● Remove your gloves (and mask) when you return to your safe place.
● Wash your hands every single time you take off your gloves or mask or move from a danger zone back to a safe zone.
● When you are at home, and after washing up, you can relax, scratch your nose, rub your eyes and floss your teeth...without worry.

Active Seniors Schedule June 15–July 6:
If the order for Social Distancing has been lifted by June 15th, we plan for most of our activities to resume as normal. However, there will be no Lunch and Bingo or Keystone Cinema until July.
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<td>I have visited Minnehaha Falls</td>
<td>I have a pet</td>
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<td>I have visited the MN State Capital building</td>
<td>I was born outside of MN</td>
<td>Find a flower blossom</td>
<td>I am tired of the quarantine</td>
<td>I speak more than one language</td>
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<td>I have gone fishing</td>
<td>See a robin in your yard this spring</td>
<td>Stay@Home (free space)</td>
<td>I have traveled to another country</td>
<td>I have eaten Hotdish</td>
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<td>I've been to the Mall of America</td>
<td>I know where Ayd Mill Road is</td>
<td>I get the newspaper delivered</td>
<td>I have been married for more than 30 years</td>
<td>I know how to make Hotdish</td>
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<tr>
<td>I've been to the West 7th Community Center</td>
<td>I have been to a Twins game</td>
<td>I have been to the Guthrie (old or new)</td>
<td>I have been to the MN State Fair</td>
<td>I have been to Como Park</td>
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May 1, 1941: Directed and starring Orson Welles, “Citizen Kane” premiered in New York.

May 2, 1885: The magazine “Good Housekeeping” was first published.

May 3, 1937: Margaret Mitchell won a Pulitzer Prize for “Gone with the Wind.”

May 4, 1970: The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University, where four students were killed.

May 5, 1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

May 6, 1941: Bob Hope gave his first USO show at California’s March Field.

May 7, 1915: The British ocean liner Lusitania was sunk by a German submarine, killing 1,201 civilians.

May 8, 1958: U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.

May 9, 1958: Richard Burton made his network television debut in the presentation of “Wuthering Heights” on CBS-TV.

May 10, 1994: Nelson Mandela was sworn in as South Africa’s first black president.

May 11, 1910: Glacier National Park in Montana was established.

May 12, 1978: The National Oceanic and Atmospheric Administration announced that they would no longer exclusively name hurricanes after women.

May 13, 1989: Thousands of students began a hunger strike on Tiananmen Square in Beijing.

May 14, 1878: The name Vaseline was registered by Robert A. Chesebrough.

May 15, 1964: The Smothers Brothers, Dick and Tom, gave their first concert in Carnegie Hall in New York City.

May 16, 1929: The first Academy Awards were held in Hollywood.

May 17, 1985: Bobby Ewing died on the season finale of “Dallas.” He returned the following season.

May 18, 1953: Jacqueline Cochran, the first woman to fly faster than the speed of sound, piloted an F-86 Sabrejet over California at an average speed of 652.337 mph.

May 19, 1536: Anne Boleyn, the second wife of England’s King Henry VIII, was beheaded after she was convicted of adultery.

May 20, 1873: Levi Strauss began marketing blue jeans with copper rivets.

May 21, 1980: The movie “The Empire Strikes Back” was released.

May 22, 1967: “Mister Rogers’ Neighborhood” premiered on PBS.

May 23, 1934: Bonnie Parker and Clyde Barrow were ambushed and killed by Texas Rangers in Bienville Parish, Louisiana.

May 24, 1844: Samuel F.B. Morse formally opened America’s first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, “What hath God wrought?”

May 25, 1992: Jay Leno debuted as the new permanent host of NBC’s “The Tonight Show.”

May 26, 1896: The Dow Jones Industrial Average appeared for the first time in the “Wall Street Journal.”

May 27, 1995: Christopher Reeve was paralyzed after being thrown from his horse during a jumping event in Charlottesville, Virginia.

May 28, 1957: National League club owners voted to allow the Brooklyn Dodgers to move to Los Angeles and that the New York Giants could move to San Francisco.

May 29, 1945: Bing Crosby makes his first recording of Irving Berlin’s “White Christmas.”

May 30, 1431: Joan of Arc was burned at the stake in Rouen, France, at the age of 19.

May 31, 1927: Ford Motor Company produced the last Tin Lizzie in order to begin production of the Model A.

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**Census 2020**

We highly encourage you to participate in the census if you haven’t already done so. It will consist of only ten questions that will remain confidential but provides essential resources for our city and state.

Everyone counts in a big way for our state. Census determines federal and state funding to our community as well as how many representatives MN has in the US House of Representatives. Minnesota is at risk of losing one of our representatives.

**How to Complete:**

**(Best Option) Online:** Go to Census 2020 page (my2020census.gov) and click on the green RESPOND button

**Phone:** 1-844-330-2020

**Mail:** Look for a paper ballet in the mail if you didn’t complete it online.

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**MAY-THIS DAY IN HISTORY**

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Summer Health

6 Steps for Avoiding Dehydration

Older adults face unique challenges when it comes to staying safe during the hot days of summer. These challenges range from health conditions that increase sun sensitivity to more fragile skin. They can put an older adult at higher risk for heat-related illnesses such as sun poisoning and heat stroke.

It’s important for seniors and family caregivers to take steps to avoid dehydration, especially during the dog days of July and August.

Here are a few preventive measures that promote healthier hydration for older adults.

1. Maximize fluid intake
   Drinking eight to ten glasses of water each day during the summer is important. It’s advice most people know they should follow, but don’t always do. If the taste of water isn’t appealing to you, foods with a high water content can help you stay hydrated. Popsicles, melon, apples, pears, pineapple, cucumbers, tomatoes, carrots, and leafy greens are a few foods to include in your diet all year round.

2. Limit alcohol consumption
   Summer is a season for outdoor celebrations. Many of these parties include alcoholic beverages. Unfortunately, alcohol contributes to dehydration. When outdoors in the summer sun, seniors should limit alcoholic beverages or avoid them completely.

3. Avoid caffeinated beverages
   Caffeine is a diuretic. This means when you indulge in sodas, iced coffee drinks, and energy drinks, fluids pass through your system faster. That can contribute to dehydration. Stick to water with lemon or lime slices or other noncaffeinated beverages.

4. Monitor medication side effects
   Some people aren’t aware that medications may increase sun sensitivity. If a medication you or your loved one takes has that as a potential side effect, it means you are at higher risk for sunburn, hives, rashes, and dehydration. Review your medications to see if sun sensitivity is listed as a side effect and learn more if it is.

5. Schedule outdoor time wisely
   Try to limit the time you or the senior you are a caregiver for spends outdoors. Stick with the coolest times of day, which are generally before 10:00 a.m. or after 4:00 p.m.

6. Wear a hat
   While many seniors might not consider themselves hat people, wearing a lightweight hat with a brim at least three inches wide is another hydration safety tip. It shades the face and neck, helping to keep you or your senior loved one cooler.

Recognizing the Symptoms of Dehydration

Finally, we suggest familiarizing yourself with the symptoms of dehydration in an older adult. From confusion to irritability, the signs aren’t always obvious. Recognizing when you or a loved one is in the early stages of dehydration can help you get treatment before a more serious health crisis occurs.

WE WANT YOU!

To join the Senior Think Tank. This is a fun group of people that meet with staff quarterly to help us design our programs and give us feedback. We are also looking for some artistic people to help us develop more arts programing at the centers.

Call Karlene at 651-645-7424, if you want to join or see what it is all about.
We All Scream for Ice Cream!

Word List:

BANANASPLIT  BLACKRASPBERRY  BLUemoon  BUBBLEGUM
BUNNYTRACKS   BUTTERPECAN   CANDYcANE  CARAMELAPPLE
CHERRY   CHOCOLATE   COOKIESANDCREAM  COCONUT  COFFEE
COOKIEDOUGH   HOTFUDGE   CUP   FLOAT
FUDGERIPPLE   MOOSETACKS  MALT   MAPLEWALNUT
MINTCHOCOLATECHIP  MOOSEtracks   NEAPOLITAN  PEANUTBUTTERCUP
PISTACHIO   RAINBOWSHERBET   ROCKYROAD  RUMRAISIN
SALTEDCARAMEL   SCOOP   SHAKE   SPRINKLES
SPUMONI   STRAWBERRY   SUGARcONE  SUNDAE
SYRUP   TUTTIFRUTTI   VANILLA  WAFFERCONE

Find us on Facebook
keystoneservices.org
651.645.0349 (MP) or 651.298.5493 (W7)
Gratitude Is About Attitude

Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin the day.

It isn’t easy to be grateful all the time, especially when navigating through life’s challenges, but learning to be grateful for even the smallest things in our lives — and living in the moment and noticing all the reasons to be thankful — can do wonders for mental health and make it more bearable to get through the tough times.

It is understandable when seniors are overwhelmed with the adverse aspects of their lives, such as the loss of loved ones, diminished health, and little to do after a lifetime of caring for children or navigating a busy career. These things can take a toll on a senior’s feeling of self-worth and mental health. Countless articles about striving for happiness abound, but being happy is not a one-size-fits-all cure.

**Gratitude Benefits**

Many studies demonstrate that gratitude has a distinctively influential connection between health and happiness, and for seniors, it can be a means to cope with dark days. Practicing gratitude is easy to do once the individual begins to make a habit of it — and the benefits can be enormous.

The list is long, but some of the many benefits of living a grateful life include:

- Greater happiness
- Improved health
- Strengthened relationships
- Increased spiritualism
- More contentment
- Better sleep
- Increased energy

**Develop an Attitude of Gratitude**

While encouraging seniors to be grateful is great, being grateful together is much more powerful and effective. When we collaborate with elderly loved ones or friends, it benefits everyone. While aging can be challenging and often devastating, it can be a wonderful time in life, with the help of some simple tools to maneuver through the challenges. Gratitude is a great tool that can make a difference in the senior’s quality of life.

Think about developing a habit of practicing gratitude with an elderly person. The results may be surprising and life-changing!

- List three things you are grateful for each day. This quickly puts life into perspective.
- Send thank you cards to old friends, family, acquaintances, or caregivers, thanking them for their care and friendship.
- Keep a gratitude journal to help focus on the wonderful aspect of the day and to provide a reference for those times when life is hard.
- Say thank you when you wake up. A new day is never promised, so being grateful every morning starts the day off on the right foot.
- Find the light in the dark. Think of the good during the bad times to help refocus your attitude.
- Share your life by volunteering and giving your time and talent to benefit others. No matter our age, we all have talents we can share!

**The Power of Practicing Gratitude**

At any age, life is challenging, so everyone can benefit from having a grateful heart. Pain, loneliness, feelings of abandonment, and struggling with usefulness can be debilitating for seniors. But being grateful every day for small things can make the pain easier to handle. Learning to appreciate all we have at any given time can help boost our mood and turn a bad day around.
Enigma Cryptogram

Quote 1 Answer
“If someone betrays you once, it’s his fault. If he betrays you twice, it’s your fault.” – Romanian proverb

Quote 2 Answer
“Broad-mindedness is the result of flattening high-mindedness out.” – George Santayana

Answer to Sudoku

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Aging is a transition for everyone. Keystone Care Consultants are here to help you and your family navigate that change. Our team of experienced social workers evaluate needs, offer advice, and connect you to resources to help keep seniors living with connections in the community.

Visit keystoneservices.org/seniors or call 651-645-0349 to learn more.

Keystone Care Consultants – Life solutions for seniors and their families