



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

OCTOBER, NOVEMBER, DECEMBER 2020



Due to the COVID-19 outbreak
all of our Senior
activities except Meals
on Wheels are virtual
until further notice

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

Greetings from Keystone

Hello Friends,

We know it has been a long time since you received the last newsletter. We have been working hard on trying to be creative with our senior programs. The pandemic and social unrest have hit our community hard and we hope you are all hanging in there. There are no plans at this time to open the senior centers as it remains too risky for all involved. Thank you to the many who completed our survey as we heard many great suggestions and confirmation that most of you aren't ready for in-person groups. Keystone will continue to work closely with the city and park employees to determine next steps.

In the mean time we have begun hosting some virtual activities and have some plans for non-tech activities. More information and how you can sign up is on the next pages. We would love to hear from you if you have any great ideas about programs we can offer or if you would like to start a group. Do you have an interesting talent or knowledge that you would like to teach over a zoom session? We can help get it scheduled and coordinated.

Inside this newsletter you will see community resources, games and fun activities for your entertainment and upcoming Keystone programs. We are also sending out electronic newsletters by email with the most current activities and exciting online opportunities. If you want to receive that email let us know and we will add you to the list.

Take care of yourselves and feel free to let us know if you need anything from us. We are here to help and all in this together.

Karlene, Teisha, Holly and Paige



Keystone
COMMUNITY SERVICES

651.645.0349

[keystoneservices.org/seniors](https://www.keystoneservices.org/seniors)

Find us on Facebook

Keystone Support

Keystone Phone-A-Friend

Do you want to be part of our new phone club? Do you like chatting with people over the phone? It will be a great way to connect with old friends and make new friends. Let us know if you want to be part of the club and we will share more details with club members. Call or email Karlene.



Or if you'd rather write letters/cards:

Keystone Pen Pals

The "the old school" way of keeping in touch or meeting new friends: through a letter or a card. Send a hand written card (who misses writing?) or a homemade (or not) card; to brighten someone's day. Let us know if you want to be a pen pal and we will share more details. Call or email Karlene.





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.



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 Transit Link
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 Midway site at 651-917-3792.

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 6 for more information*).

Keystone Activity Packets



Is connecting virtually not your thing? Would you like to have an activity packet mailed to you? We will be assembling some activity packets with word games, simple crafts and other fun ideas, which will then be mailed or delivered to your home.

Let us know if you would like to receive them by calling or emailing Karlene. Quantities may be limited.

Cooking with the Grandkids

'Tis the season to pop up some holiday fun! Gather the grandkids and craft a festive, edible decoration.

At 30 calories a cup, whole-grain, freshly popped popcorn offers a nutritious alternative to traditional holiday party nibbles. (Find more creative holiday recipes at popcorn.org.)

Holiday Popcorn Snowman

Yield: 5 snowmen

1 package (1 pound) large marshmallows
1/4 cup (1/2 stick) butter or margarine, plus additional
1 teaspoon vanilla
10 cups popped popcorn
Sprinkles (optional)
Licorice (optional)
Gum drops (optional)
Cinnamon candies (optional)

In large saucepan, melt marshmallows and 1/4 cup butter. Remove from heat and stir in vanilla. Let stand 5 minutes.

Pour over popcorn and stir. Butter hands well and form into balls. Decorate with sprinkles, licorice, gum drops, and cinnamon candies, as desired.



Our very own, Phyllis Kiihn's daughter; Stefanie Kiihn (RONDOKiihn.com) won 1st Place in the Drawing and Pastels category in State Fair Fine Arts competition. She also was awarded a State Fair Foundation award. *(The picture deals with the freeway destroying the neighborhood)*



Ramsey County Sheriff COVID Help Team

Services Provided

For the duration of the COVID-19 pandemic the Sheriff's Office has formed a COVID "Help Team" to assist those in the community who are most at risk and vulnerable during this time. The Help Team serves anyone in Ramsey County who requires assistance or support as a result of the COVID-19 pandemic.

Services Provided

- Picks-up and delivers prescription medication
- Picks-up and delivers pre-paid food and groceries
- Provides resources and referrals, including social services, financial assistance, medical assistance, mental health, and others

Hours of Operations

Monday through Friday: 8:00 am to 8:00 pm
Saturday and Sunday: 10:00 am to 4:00 pm

Request Services

There are three ways to request help:

Call: 651-448-3874

Text: 651-448-3874

Email: HelpTeam@co.ramsey.mn.us

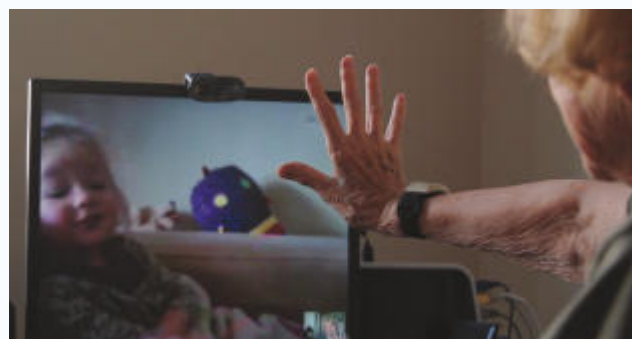


Do you need help using your smartphone, tablet, or computer? Cyber-Seniors' trained Tech Mentors are young people who teach technology to older adults.

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

Computers and Tech Help – low-cost and free laptop options:

Contact us if you would like help locating a free or low cost refurbished laptop. Call Paige Sumera at 651-797-7705.



**In honor of all our Active Seniors Halloween Costume Contests.
 Just think, this year the candy is all yours! Happy, happy Halloween!!!**

Ongoing Zoom Programs

**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.

Recognize this?

Discussion will occur monthly over zoom. Old photos will help us begin our reminiscing's about living in St. Paul and Minnesota. Through stories and facts, we will learn about each other and about our beloved Home Town and State. Call or email Karlene for Zoom link.

2nd Thursdays, at 1:00 p.m.
October 8, November 12 & December 10

Book Club

We are also posting recordings of previous exercise classes on our website. Check them out whenever you want. Meetings will occur monthly over zoom and/or phone. Books can be ordered through the library or can be purchased new or used. When you sign up we will provide information on how to get copies of the books. Call Karlene or email for Zoom link.

3rd Wednesdays, at 1:00 p.m.
November 18 & December 16

Games

Let's give it a try; playing a game via Zoom. Possible ideas include Yahtzee (you supply your own dice), Scattergories, Trivia, Crossword, Pictionary; maybe even Scrabble. Other ideas welcomed. Call Karlene or email for Zoom link.

1st Thursdays, at 1:00 p.m.
November 5 and December 3

Arthritis Exercise

An old staple of Senior Programming on Zoom. Arthritis Foundation trained exercise instructors will lead this low-impact, joint-safe exercise class through the use of gentle stretching and strengthening movements. 5 week sessions. All are welcome. Call or email Karlene for Zoom link.

Tuesdays, at 1:00 p.m.
**October 6 - November 3; no class November 10;
November 17 - December 15**

Holiday Bingo

On Zoom, two of our favorite things; Holidays and Bingo; in October and December. We will play 5 games of Bingo each Zoom session with a prize for winners; possibly a gift card or a small gift. Bingo cards will be mailed to those who sign up. These cards will be reused for each game, so gather coins, or buttons for markers. And if you'd like, dress up for the occasion; bring your Holiday Spirit. It'll be fun. You don't need a computer; a phone will do. Call or email Karlene for Zoom link or with any questions; 651-504-2599 or knivacolgan@keystoneservices.org***

Thursday, October 29, at 1:00 p.m.
Thursday, December 17, at 1:00 p.m.

Social

We may not be able to gather in person, but that won't stop the Keystone crew! Join us for a virtual social hour every Tuesday at 11:00am on Zoom! It is a chance to see and chat with your friends, make new friends. And if the conversation lags, which is highly unlikely, we'll learn more about each other through questions related to the theme of the day. Call or email Karlene for Zoom link.

Tuesdays, at 11:00 a.m.

Fit & Fabulous

Live Virtual Fit and Fabulous class with Jill, hosted by Keystone. Clear a space in your home and join us for 45 minutes of stretching, cardio, and mindfulness training. You will want to have a stable chair, a couple of weights or cans of soup, a stretchy band (or long scarf or bathrobe tie), and a fitness ball or small pillow to participate fully in the class. And don't forget your water bottle! Call or email Karlene for Zoom link.

Mondays, at 10:00 a.m.
Wednesdays, at 10:00 a.m.

Pickleball Update

Many of you have been asking when Pickleball will return to Keystone. Unfortunately, there are no plans for the reopening of Pickleball at the Merriam Park Community Center at this time. St. Paul Parks and Recreation and the Keystone Senior Center remain closed. We will update you as soon as we know when Pickleball will be back!

In the meantime, you can enjoy outdoor Pickleball at the following locations:

Mattocks Park

441 S Macalaster St, St. Paul, MN 55105

Homecroft Park

1850 Sheridan Ave W, St. Paul, MN 55116

Newell Park

900 Fairview Ave N, St. Paul, MN 55104

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Keystone Community Svcs, Saint Paul, MN

A 4C 02-1107

Play Bingo

@HOME

Went for a walk	Participated in census	Watched leaves fall	Called a friend	Read this newsletter
Ate a treat	Received a letter	Saw a Trick-or-Treater	Wrote a letter	Saw a snowflake
Got my flu shot	Watched a great movie	Stayed @ Home	Watched an awful movie	Baked a treat
I VOTED!	Heard migrating geese	Got a hair cut!	Went for a drive	Made Hotdish
Saw a red leaf	Ate something with pumpkin	Needed an umbrella	Ate Hotdish	Got the shovel out of storage

myfreebingocards.com



Upcoming Special Elections & COVID-19 Voting Precautions.

VOTING IS ON NOVEMBER 3rd

Polls will be open for in-person voting or you can vote by mail.

Increased safety measures have been put into place at all polling locations to encourage social distancing and increased cleaning. Please plan to wear a mask and allow for extra time to follow the social distancing protocols.

CURBSIDE VOTING

Curbside voting is available for anyone who cannot enter the polling place for any reason, including concerns for their health. Curbside voting allows a voter to register to vote and vote without leaving their vehicle.

If you choose curbside voting, two election judges will bring out a ballot to your vehicle. If you need to register or update your registration, they will bring you an application as well. When you are finished voting, election judges will bring your ballot inside for you and put it in the ballot box.

VOTING EARLY BY A MAIL ABSENTEE BALLOT

We are encouraging voters to vote by mail using an absentee ballot. To vote by mail you must request a ballot and have it post marked on or before November 3rd.

HOW TO REQUEST AN ABSENTEE BALLOT

- Call **1-877-600-8683** to request a ballot mailed to your home.
- Go to **MNVOTES.ORG** and complete online form or print and mail form.
- **Your ballot will not count if it is received after the deadline.** It must be postmarked on or before Election Day (November 3, 2020) and received by your county within the next seven calendar days (November 10).

Return your ballot by mail or package delivery service (such as FedEx or UPS). You can also return your ballot in person no later than 3 p.m. on Election Day to the election office that sent your ballot. You can drop off ballots for an unlimited number of other voters. You will need to show identification with name and signature when returning a ballot for someone else.

Sudoku (See answer on page 15)

	9				4	8		3
7			1		9			
					6	2	7	
			6			5	8	7
			3		7			
6	1	7			8			
	8	4	9					
			8		3			6
2		9	7				5	



Vanilla Egg Nog

3 eggs (or 3/4 cup pasteurized egg product)
 1/3 cup sugar
 4 cups low-fat milk
 1 cup low-fat vanilla yogurt
 1 teaspoon pure vanilla extract
 1/8 teaspoon salt
 Whole nutmeg, grated

In a blender, mix eggs and sugar. Add milk, yogurt, vanilla and salt; blend until frothy. Pour into serving glasses, and garnish with freshly grated nutmeg.



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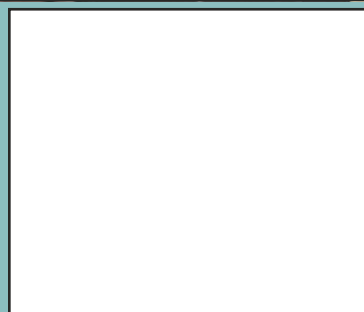


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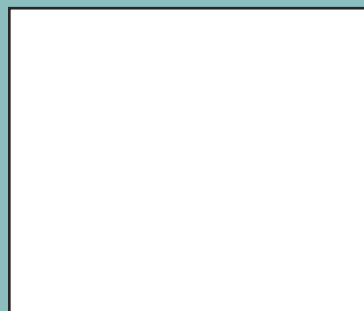
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LET'S WALK MINNESOTA – Walk safely toward better health

Reduce pain, improve your health and be more active

Join Walk with Ease, the Arthritis Foundation's doctor recommended program that is proven to reduce pain while improving your overall health. The six-week program provides motivation and tips to safely make walking a part of your everyday life. If you can be on your feet for 10 minutes, this program is for you.

Walk with Ease can help you:

- Reduce joint pain
 - Feel great while getting in shape
 - Learn how to walk safely, comfortably, and at your own pace
 - Increase balance, strength, and stamina
 - Learn stretching and strengthening exercises
- Walk with Ease is a program for people with joint pain...or anyone who wants to improve their health. Participants learn how to start walking safely and stick with it.

How the 'Walk With Ease' self-directed program works:

You do the activities and exercises on your own using the Walk With Ease guidebook and walking diary. Walk three times a week, working up to at least 30 minutes per session for 6 weeks. If you use a device like a cane or a walker to help you get around, you can still participate in the program.



How can it help me?

- Research studies on Walk With Ease have found it to be safe and effective. It can help you:
- Reduce arthritis pain and stiffness
- Feel less tired
- Increase your stamina, strength, and balance
- Be more active and independent and feel more confident that you can control your joint pain and arthritis

www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease



Would you like to learn how to get a low cost or free laptop and wifi connections so you can participate in our virtual activities? We can help!

Call Paige at 651-797-7705 to learn more.



THANKSGIVING WORD SEARCH

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

Autumn	Cook	Family	Harvest	November	Prayer	Stuffing	Tradition	Turkey
Blessings	Cornucopia	Feast	Holiday	Pie	Pumpkin	Thanksgiving	Travel	
Carve	Cranberries	Gobble	Indians	Pilgrims	Squash	Thursday	Tray	

(Answers on page 15)

BOOK CLUB

November 18:

The Glass Castle: A Memoir by Jeannette Walls

A stunning and life-affirming memoir about surviving a willfully impoverished, eccentric and severely misguided family. The child of an alcoholic father and an eccentric artist mother discusses her family's nomadic upbringing, during which she and her siblings fended for themselves while their parents outmaneuvered bill collectors and the authorities.

December 16:

The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows

The novel is told through a series of letters sent between January and September 1946. In these letters and nine short months, a whole world of tragedy, deprivation, evil, camaraderie, humor, and

love is revealed. It's a traditional love story to be sure, but more importantly, it is the story of a small island community composed of very disparate people who came together during the German occupation of World War II to protect, comfort, and in some cases, save one another. Therein lays the true story of love and celebration of friendships.

(Continuing into 2021)

January 20:

The Lager Queen of Minnesota by J. Ryan Stradal

The novel serves up a cast of lovable, quintessentially Midwestern characters eager to make their mark in a world that's often stacked against them. In this deeply affecting, humorous, emotional family saga, resolution can take generations, but when it finally comes, we're surprised, moved, and delighted.



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C 4C 02-1107

No Returns

A fellow bought a new Mercedes and was out on an interstate road for a nice evening drive. The top was down, the breeze was blowing through his hair, and he decided to open her up. As the needle jumped up to 80 m.p.h., he suddenly saw a flashing red and blue light behind him.

"There ain't no way they can catch a Mercedes," he thought to himself and opened her up further. The needle hit 90, 100 110, and finally 120 with the lights still behind him.

"What am I doing?" he thought. Coming to his senses, he pulled over.

The cop came up to him, took his license without a word, and examined it and the car. "I've had a tough shift, and this is my last pullover. I don't feel like more paperwork, so if you can give me an excuse for your driving that I haven't heard before, you can go."

The man thought for a while and finally said, "Last week my wife ran off with a cop, and I was afraid you were trying to give her back!"



Roasted Roots and Chicken Power Bowl with Maple Aioli



Preheat the oven to 425 degree F. Line a baking sheet with foil and spray with cooking spray.

- 4 Russet Idaho potatoes, chopped into 1/2-inch cubes
- 3 carrots
- 1 turnip, peeled, cut in half lengthwise, and then cut into wedges
- 1 red onion, cut into wedges
- 1 cup butternut squash, peeled and chopped
- 2 beets, rinsed, peeled, cut in half and then cut into wedges
- 4 teaspoons olive oil, divided
- Salt and pepper
- 3 sprigs fresh thyme, removed from stem
- 3 cups Swiss chard, removed from stem and chopped
- 1 garlic clove, minced
- 1 cup cooked rotisserie chicken, chopped

Maple Aioli

- 3 tablespoons fresh mayonnaise
- 1 tablespoon maple syrup
- 1/4 teaspoon cinnamon

Toss all of the vegetables in olive oil and sprinkle with salt and pepper.

Arrange the vegetables in a single layer on the baking sheet. Sprinkle with thyme. Roast in the oven for 25-30 minutes, until golden and fork-tender, flipping once, halfway through.

Meanwhile, heat the remaining olive oil in a skillet over medium-heat. Saute the Swiss chard with the chopped garlic until wilted, about 10 minutes. Season with salt and pepper to taste.

Whisk the mayonnaise with the maple syrup and cinnamon until combined. Spoon into a serving dish.

Divide the chard evenly in serving bowls. Top with the roasted vegetables and chopped rotisserie chicken. Serve with the maple aioli on the side for dipping.

Active Seniors Schedule: All on-site senior activities are discontinued until further notice. Look for virtual options and some at-home options posted throughout this newsletter. Sign up to receive digital newsletters to your email by calling or emailing Karlene at 651-504-2599 or knivacolgan@keystoneservices.org.

Game Answers



Autumn Cook Family Harvest November Prayer Stuffing Tradition Turkey
Blessings Cornucopia Feast Holiday Pie Pumpkin Thanksgiving Travel
Carve Cranberries Gobble Indians Pilgrims Squash Thursday Tray

Sudoku

(Answers)

5	9	6	2	7	4	8	1	3
7	2	8	1	3	9	6	4	5
4	3	1	5	8	6	2	7	9
9	4	3	6	1	2	5	8	7
8	5	2	3	9	7	1	6	4
6	1	7	4	5	8	9	3	2
3	8	4	9	6	5	7	2	1
1	7	5	8	2	3	4	9	6
2	6	9	7	4	1	3	5	8



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