INTRODUCING JULIA MCCARTHY

Director of Programs

Keystone is excited to introduce our new Director of Programs, Julia McCarthy! Julia joined us in June, and she has made a huge difference in a short time! As Director of Programs, a new position at Keystone, Julia oversees Keystone’s four program areas: case management, youth services, basic needs, and senior services. She provides support to program directors as well as assistance with planning and executing programs, applying grants, and helping directors fill open positions. In addition to program support, Julia will represent Keystone on community engagement projects.

“What interested me about Keystone was the breadth of different programs that Keystone offers and the different ways that Keystone supports people in the community,” Julia says. “I really like that this role has a lot do with community engagement and working with partner organizations to try to bring all of our programs to move in the same direction.”

Prior to coming to Keystone, Julia spent six years living in Germany. She returned to the states in 2017 and worked a few different jobs before finding her place here at Keystone!

She says, “It’s good to be here doing important work!”

Julia is particularly excited about working with the senior programs and ensuring that our seniors have all the support they need.

“It’s great to see the senior programs resuming in person. I’m excited to see people having a good time together. There’s a really impressive variety of programs available for seniors and a lot of great ways for people to connect with each other and do things that they enjoy doing,” Julia explains.

In addition to senior activities, Julia says she is learning a lot about Meals on Wheels and the ways that Keystone’s seniors also utilize our other programs, like basic needs and case management.

Julia has hit the ground running at Keystone, and she is looking forward to what lies ahead in this new role.

“I’m happy to be a part of Keystone and to continue developing this role and seeing what comes next!”
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 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: □ $35   □ $40 membership + mailed newsletter
Age-Friendly Minnesota Community Survey

Older adults are one of Minnesota’s most valuable resources. Age-Friendly Minnesota wants to hear what you want and need in your community as you grow older to help ensure you can age well.

How will the survey results be used?
The results of the survey will be used to set priorities and develop strategies for plans, policies, and services that ensure that all Minnesotans can thrive across the lifespan. Results will be used by the State of Minnesota as well as by regions, sovereign nations, and community organizations.

Take the survey
To begin the survey go to https://mn.gov/dhs/age-friendly-mn/ and click the link “Take the Community Survey.” This survey has 10 sections takes about 20 minutes to complete.

If you are not able to complete the survey in one session, you may save your survey and return to it later. Simply scroll to the bottom of the page you are on, and click “Save.” You will be prompted to enter your email address and will receive a link in your email to return to the survey.

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 keystoneservices.org/seniors or call 651-645-0349 to learn more and schedule a delivery.

Please send questions to: MN.DHS.AgeFriendlyMN@state.mn.us.

Please share: We kindly ask that you share the survey with the people you serve.
# November 2021 Events

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

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**Election Day!**
No Activities at Merriam Park.

9:30 **Fiberazzi**

10:30 **Krafters**

11:00 **Fiberazzi**

12:30 **Fiberazzi**

ZOOM Event: **Word Games**

**HAPPY THANKSGIVING!**

Keystone is closed for holiday
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*ZOOM Event:* 11:00 Word Games

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MLK JR DAY
Keystone is closed for holiday

9:30  | Pickleball | 9:30  |  
10:00 | Bridge I | 10:30 | Bridge II |
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12:30 | Krafters | 12:30 | Bridge II |
12:30 | Fiberazzi | 10:30 | Bridge I |
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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
For all those with Arthritis, but also those looking for a less intense exercise program. Arthritis Foundation trained exercise instructors will lead this low-impact, joint-safe exercise class; teaching gentle stretching and strengthening.

Tuesdays and Thursdays
11:00 a.m. – 11:45 a.m.

Seven-week series:
November 24 – December 16; then two-week break

Six-week series:
January 4 – February 10; then one-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
10:30 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.

Tuesdays and Thursdays
9:30 a.m. – 11:30 a.m.
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

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.

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.

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. Call Karlene or email for Zoom link and see page 13 for book choices.

November 17, December 29 and January 26
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.

Mondays
12:30 p.m. – 2:30 p.m.

Wednesdays  MP
12:30 p.m. – 2:30 p.m.

Foot Care Clinic  MP
30 minute appointments. Cost: $40 (increase from last year)

2nd Wednesdays of the month
November 10, December 8 and January 12
9:30 a.m. – 1:30 p.m.

W7th: call for details

phone: 651.645.0349 (MP) or 651.298.5493 (W7)
email: keystoneservices.org
facebook: Find us on Facebook
Bingo [W7]
Join us in-person or through a ZOOM link

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 must send in monthly or quarterly payments for your cards to play;
265 Oneida Street, St. Paul, 55102

3rd Thursday of the month
11:00 a.m. – 12:00 p.m. on Zoom or at W7th (no lunch at this time)

November 18, December 16 and January 20
Call or email Karlene for ZOOM link

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
6:15 p.m. – 8:00 p.m.
$5/session
Under 18 are always welcome free of charge.

Restorative Chair Yoga Class [MP]
Join in person or through a ZOOM link. This non-intimidating, and inclusive, class is designed for seniors. Our certified Yoga instructor, Sarah Dutton, will adapt class to fit all levels and abilities. (Mats are also welcome.) Enjoy the many benefits of yoga, which include; increased flexibility, improved balance and decreased stress levels. As one participant states: “Sarah always takes into consideration the current aches and pains of the members. You always feel better after class.” Call or email Karlene if joining via ZOOM for link. Assistance to help you through the ZOOM process is available.

Mondays
1:00 p.m. – 1:50 p.m.
Cost: $10 per class ($40 - $50 monthly)

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
November 3, December 1 and January 5
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.

Bridge I: Thursdays Bridge II: Thursdays
10:00 a.m. – 12:00 p.m 12:30 p.m. – 2:30 p.m.

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

Fridays
10:30 a.m. – 12:30 p.m.

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.

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.

1st Thursdays of the month
November 4, December 2 and January 6
5:30 p.m. – 7:00 p.m.

TED Talks
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.

1st Wednesdays of the month
November 3, December 1 and January 5
11:00 a.m. – 12:00 p.m.
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What Is Depression?
Depression is a serious mood disorder. It can affect the way you feel, act, and think. Depression is a common problem among older adults, but clinical depression is not a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems than younger people. However, if you’ve experienced depression as a younger person, you may be more likely to have depression as an older adult. Depression is serious, and treatments are available to help. For most people, depression gets better with treatment. Counseling, medicine, or other forms of treatment can help ease a person’s depression. You do not need to suffer – help is available. Talk with your doctor if you think you might have depression.

What Are Risk Factors of Depression?
There are many things that may be risk factors of depression. For some people, changes in the brain can affect mood and result in depression. Others may experience depression after a major life event, such as a medical diagnosis or a loved one’s death. Sometimes, those under a lot of stress — especially people who care for loved ones with a serious illness or disability — can feel depressed. Others may become depressed for no clear reason.

Depression and Loneliness and Social Isolation
Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Studies show that loneliness and social isolation are associated with higher rates of depression. The COVID-19 pandemic has brought new attention to this issue; however, many Americans felt socially isolated and lonely before the pandemic. If you’re feeling socially isolated or lonely, or you cannot see your friends and family in person for any reason, try reaching out over the phone or joining a virtual club. Visit https://nia.nih.gov/lonely to find more tips to help stay connected.

What Are Signs and Symptoms of Depression?
How do you know if you or your loved one may have depression? Does depression look different as you age?

Depression in older adults may be difficult to recognize because older people may have different symptoms than younger people. For some older adults with depression, sadness is not their main symptom. They could instead be feeling more of a numbness or a lack of interest in activities. Or, they may not be as willing to talk about their feelings.

Culture and Depression Symptoms
Signs and symptoms of depression can look different depending on the person and their cultural background. People from different cultures may express emotions, moods, and mood disorders — including depression — in different ways. In some cultures, depression may be displayed as physical symptoms, such as aches or pains, headaches, cramps, or digestive problems.

Get Immediate Help
If you are thinking about harming yourself, tell someone who can help immediately.
- Do not isolate yourself.
- Call a trusted family member or friend.
- Call the toll-free, 24-hour National Suicide Prevention Lifeline: 800-273-TALK (800-273-8255) or 800-799-4TTY (800-799-4889).
- Call 911 or go to a hospital emergency room to get immediate help. Follow up by making an appointment with your doctor.

Getting Support From Family and Friends
It’s important to watch for signs and symptoms of depression or suicide. Don’t shy away from asking if a family member or friend is feeling depressed or suicidal. It may be an uncomfortable conversation, but it is important. Asking if someone is having thoughts of suicide will not make them more likely to act on those thoughts. Your questions may help the person open up about how they’ve been feeling and encourage them to seek treatment.
HELLO!

My name is Joan Stumpf. I have worked as an RN for the last 37 years. Thirty of those years have been in a hospital setting.

I often noticed that patients had poor foot/nail care. We were told podiatrists are doing more surgeries, less nail care. A coworker told me about an interesting program in Eau Claire, Wisconsin. I signed up for the weeklong course, and the rest is history!

I enjoy providing nail and foot care to people. Our feet are important! Calluses or long nails can make walking painful.

I live in St Paul with my husband Michael and our faithful golden retriever Pete. Our children are grown and happy. We are expecting our first grandchild this January!

I look forward to meeting you all. The part I enjoy most about doing footcare, is the conversations I have with people I meet.

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.
BOOK CLUB

NOVEMBER:  
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.

DECEMBER:  
The Deal of a Lifetime–by Fredrik Backman
Thought-provoking fiction master Backman is back in this Christmastime tale. On Christmas Eve, a father tells his estranged son a stirring story about his conflict over helping another child who desperately needs it when his relationship with his own son is so strained.

JANUARY:  
The Rosie Project–by Graeme Simsion
Single, obsessive, compulsive genetics professor, Don Tillman decides it’s time to find a wife. His plan – The Wife Project – is to eliminate undesirable candidates through a simple questionnaire. Rosie is on a quest of her own, to find her birth father. When she asks Don for help, the two are drawn to one another, though are clearly a terrible match on paper. Rosie challenges Don’s obsessive habits and encourages him to be spontaneous. Can these two actually be a match?
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. 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 3 for more information).

AARP SMART DRIVER PROGRAM

Four-hour refresher course:
Wednesday, January 19
9:30 a.m. - 1:30 p.m.

Call 651-645-7424 ASAP to reserve your spot.

Cost: $25
($5 increase from last year)
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! Get started today at FreeWill.com/Keystone.

For a consultation or to learn more:
651-789-5031 | ourladyofpeacemn.org

Our Lady of Peace

HOME HEALTH CARE
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SUPPORT OUR ADVERTISERS!
FREE AARP TAX ASSISTANCE – By Appointment Only

Sign up for free tax assistance from AARP. Appointments are available starting in February at both of our locations. Call the location nearest you after January 18 to schedule your appointment.

**Merriam Park Community Center**  
2000 St. Anthony Ave., St. Paul, MN 55104  
651-546-7424  
Available Fridays 9 a.m. - 2 p.m.  
Starting February 4, 2022  
Closed Presidents Day

**West 7th Community Center**  
265 Oneida Street, St. Paul, MN 55104  
651-298-5493  
Available Mondays & Wednesdays 9 - 2:00 p.m.  
Starting February 2, 2022  
Closed Presidents Day

**What to bring with you...**

- Picture ID and Social Security Card or ITIN Documents
- Income documents and brokerage statements
- Healthcare 1095A, B, or C or marketplace exemption letter
- Copy of last year’s tax return
- Deduction proofs (mortgage interest, medical, dental, business, property taxes, charitable donations)
- Records of federal and state taxes paid
- Educational expenses
- Bank check for direct deposit or payment