



Senior Connections

January, February, March & April 2019

Income Tax Assistance

Thursdays, February 7 - April 11

9:00 am-3:00 pm • Hjemkomst Center

AARP and the Internal Revenue Service (IRS) are once again sponsoring free income tax services to the elderly, low and moderate income taxpayers of all ages with special attention to those 60 and older.

IRS certified volunteers have been trained to prepare and electronically file your income tax returns. Every taxpayer's return is quality reviewed and all information is kept confidential.

Individuals should ensure that they have all of the documents they need to file before coming to the tax sites, including Social Security cards, photo IDs and a copy of last years tax returns.

Other locations and times are:

Olivet Lutheran Church

1330 University Drive Fargo

Mondays 9 a.m.—3 p.m.

Fridays 9 a.m.—3 p.m.

Faith Lutheran Church

127 2nd Ave E West Fargo

Tuesdays 9 a.m.—7 p.m.

Wednesdays 9 a.m.—3:00 p.m.

No reservations or appointments needed Services provided on a first come, first serve basis.

Volunteer Tax preparers *will not* take phone calls.

Rent Rebates will be done up until April 11.

Please do not call the Hjemkomst Center with specific tax inquiries.

They are only a host site and cannot answer questions.

Valley TRIAD Community Safety Survey

Will you take a moment to assist us in taking positive steps to make our communities safer for senior citizens?

To what extent does each of the following affect your life:

	Major Concern	Minor Concern	Little /No Concern
1. Fear of going out after dark?	_____	_____	_____
2. Fear of fraud or con artists?	_____	_____	_____
3. Fear of becoming a victim of a crime?	_____	_____	_____
4. Sense of personal isolation?	_____	_____	_____
5. Vendors knocking on the door?	_____	_____	_____
6. Neglect by family or friends?	_____	_____	_____
7. Fear of personal physical abuse?	_____	_____	_____
8. Fear of financial exploitation by family/friends?	_____	_____	_____
9. 9. Other: _____	_____	_____	_____

Indicate in order of importance (1 being the most important) the top 5 crime-related concerns you have:

Phone Scams Frauds/Scams in General Internet Fraud Solicitors/Vendors Murder
 Vandalism Residential Burglary Mail Fraud Robbery Vacant/Abandoned Homes
 Traffic Telemarketers Abuse/Neglect by Strangers Purse Snatching Rape
 Abuse/Neglect by Family/Friends Assault _____

Comments: _____

Would you be interested in any of the following crime prevention and/or safety programs?

Attending Monthly TRIAD Meetings Vacation House Checks
 My Location Card (keeps your address by your phone) Fraud and Scams Updates/Presentations
 File of Life Medical Information Cards Personal Safety Skills
 Dementia/Alzheimer's Patient Care/Training Home Safety Improvements to Prevent Injury

Would you be interested in participating in a volunteer program (TRIAD) to assist law enforcement and senior citizens? Yes No

Optional Information:

Sex: F M

Name: _____ Phone#: _____

Address: _____

Email address: _____

Thank you for taking the time to fill out this survey, which will help TRIAD to help you!

You may drop the survey off at the Hjemkomst Center

or mail back to

Julie Marxen

BONE BUILDERS

Bone Builders is a free, alternative exercise program for individuals who want to counteract the negative effects of osteoporosis. Participants use weight bearing exercises, designed to address specific areas of the body affected by osteoporosis. Studies have shown that people who participate in Bone Builders and similar exercise programs twice a week, for one year, can increase their bone density by an average of one percent, per year. In addition to building bone density, benefits of Bone Builders classes include improved balance and poise, increased energy and

mobility, and decreased blood pressure. Bone Builders classes also incorporate information and education on health-related topics. Classes are held 9:30 am
& Monday



We make a living by what we get, But we make a LIFE by what we give.

Winston Churchill



Phone numbers

Julie Marxen

Program Coordinator

218.299.5514

Sonia Sullivan

Food Service

218.299.5519

Community Ed

Foot Care Clinic



AllHealth Home Care will hold Foot Care Clinics the second Tuesday of each month at Senior Connections at the Hjemkomst Center. This service is offered to assist those who are unable to provide their own foot care. Elderly individuals and those who have health issues such as diabetes, peripheral artery disease, stroke, gout, Parkinson's, arthritis, obesity, and congestive heart failure will greatly benefit from these cares. Services and cares offered at these clinics include: foot hygiene, screening/assessment, toe nail trimming & filing, corns & calluses buffing, massage, and education.

Cost is \$25. Spots fill quickly.

January 8, February 12

March 12, April 9

MinnesotaHelp.info



A One Stop Shop for Minnesota Seniors



Suspect Abuse?

Minnesota Adult Abuse Reporting Center

Maltreatment of vulnerable adults is a real serious issue in Minnesota
Report any suspected abuse, neglect, self-neglect or financial exploitation of
vulnerable adults to the Minnesota Adult Abuse Reporting Center

Toll free 844-880-1574

Minnesota strives to ensure safe environments and services for vulnerable
adults and encourages reporting of suspected maltreatment.

A vulnerable person could be the last person you'd think.

You could be the difference.

For more information please visit



**AARP Moorhead/
Clay Chapter #5123**

AARP meetings are held at the Hjemkomst Center the 3rd Wednesday of each month March through June

March 20th, 2:30

April 17th, 2:30

May 15th, 2:30

June 19th, 2:30

Bring a food item for the Food Pantry

Guests are always welcome!



Important Dates & Events

Senior Connections will be closed the following dates:

New Years Day Jan 1,

Martin Lutheran King Jr. Day Jan 21

President's Day Feb, 18,

LUNCH BUNCH

Senior Meals a hot, nutritious, noontime meal is provided at Senior Connections, Monday through Friday, beginning at 11:45 am, at the Hjemkomst Center. Residents age 60 and over and their spouses (including those under the age of 60) are eligible to enjoy this meal. A suggested donation for seniors 60+ is \$5.00, and persons under age 60 must pay

\$6.50. Reservations:

Please Call 299.5519 between 10:00 am-12:30 pm the day



BREAKFAST CLUB



Breakfast Club meets the Third Thursday of the Month 8:30 am at the Easten Fryn' Pan 2920 Highway 10 East, Moorhead

Each month features a guest speakers with various topics pertaining to the needs and interests of adults age 50 and over. Breakfast will be on your own, ordered off the menu. Space is limited. For more information and to register, contact Julie at 218.299.5514.

Breakfast Club is sponsored by Senior Connections and TRIAD.

MOVIES ARE BACK!



January 16 • February 29 1:00 pm. Hjemkomst Center

All movies will be shown on the large screen at 1:00 pm.

If you have any movie suggestions that you would like to see,

Senior Connections' Regular Scheduled Events

Artist Studio

Learn the techniques, skills, and art of painting! Class meets **Thursdays from 1:00-3:00 pm.**



The Artist Studio is for masters of every skill level, working with a variety of mediums.

Rubber Stamp Class



Rubber Stamp Class is held the first Thursday of each month at 10:00am. A \$6.00 material fee will be collected.

Instructor: Cheryl Toutges

Mahjong

Mahjong is a Chinese game played with 144 tiles, small rectangular blocks of wood or ivory with a face showing various character designs.

Tuesdays 1:00-3:30 pm



Daily Activities



Pinochle M-W-F 8:30am

Whist M-T-TH-F 1:00pm – Call 218-299-5519 to sign up

Bridge Monday 12:30 pm Oak Room

Bridge Thursday 12:30 pm Computer Room

Zippity Zingers

Join us for a good old fashion sing-along!
Meet in the Game Room,
Tuesdays at 10:30 am.

Rehab4LIFE

PHYSICAL & OCCUPATIONAL THERAPY

Hello. We are a local physical and occupational therapy team that sees patients of all ages and with many different health needs and goals.

We believe anyone that reads this either needs our help to eliminate pain, or knows of someone who does.

With all the different kinds of therapies we are able to provide, we simply ask that you consider us and/or share our story to those you feel need it. Most importantly, know that we are here to help!

We complete an insurance verification for you and will work with doctors' offices whenever a doctor's order is required by insurance. We are also committed to getting you an appointment with one of our skilled therapists as soon as possible, either in one of offices or in your home!

It's no fun to have to wait when you're hurting. Our goal is to make the process as simple as possible for you.

Visit us on the web @ www.rehab4life.net or call 701-293-7294 in Fargo.

9-1-1 What's your Emergency?

March 27, 1-3 Hjemkomst Center

"What seniors need to know about the opioid crisis"

Presented by TRIAD (Seniors and Law Enforcement working together)

Your invited to an afternoon of information on the opioid abuse happening in our area and what is being done by medical experts, pharmacies and law enforcement. The Moorhead Police Department and a local pharmacist will speak on who is abusing and what is being done locally to help stop this epidemic.

To register call 299-5514

Opioid Addiction 2016 Facts & Figures

- Drug overdose is the leading cause of accidental death in the US, with 52,404 lethal drug overdoses in 2015. Opioid addiction is driving this epidemic, with 20,101 overdose deaths related to prescription pain relievers.
- In 2012, 259 million prescriptions were written for opioids, which is more than enough to give every American adult their own bottle of pills.

City of Moorhead
Senior Connections
202 1st Avenue North
Moorhead, MN 56560

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Winter Driving Safety Tips from AAA

- Avoid **driving** while you're fatigued. ...
- Never warm up a vehicle in an enclosed area, such as a garage.
- Make certain your tires are properly inflated.
- Never mix radial tires with other tire types.
- Keep your gas tank at least half full to avoid gas line freeze-up.



Senior Center Winter Storm Policy

When the Moorhead Public Schools are closed, the Center is closed for all activities and congregate meals.

If you are not sure if we are open please call ahead.

We will contact the local Radio and Television stations with our closing.