

March April 2021
Newsletter

CROW RIVER SENIOR CENTER

Serving the Communities & Surrounding Areas of Albertville, Hanover and St. Michael

Our Mission: “The Crow River Senior Center enriches lives by providing programs, services, social activities and a welcoming gathering place for adults over 50.”



Greeting Everyone!

Each day we get a little more daylight and we are a day closer to spring! I know we are all looking forward to the wonders of spring with trees and flowers blooming and green grass. I would like to thank everyone for your patience and understanding as we navigate through all of this unknown new normal that we find ourselves in with the pandemic. Our Zoom programming has been a welcome connection for many and I applaud all of you for leaping with us to participate. I encourage all to take a tour on our new website www.mnseniorcenters.org for all of the virtual programs that can keep you entertained in the safety of your home. Links and programs are listed on our calendar as well.

Each day I am hearing of more seniors getting their COVID vaccines. This is encouraging. If you have not been able to get on any lists or do not have the internet to access the online lists or enrollment, please contact the senior center and we will do our best to help you navigate through this.

Updates will be listed on our website and answering machine of any local clinics become available to receive the vaccine. Please know we will do our very best to help when we can as we continue to monitor the situation. Tax appointments are being taken as they open, we appreciate your patience and understanding as we are only able to book appointments week by week at this time. See the full detail for taxes on page 5. Please everyone, stay warm and stay well.

***Respectfully,
Vonnie Waters***



WRIGHT COUNTY
PUBLIC HEALTH

60+ Healthy Clinic Wright County Health Department (Nail Trimming) has been put on hold until further notice. We will let you know when it will resume as soon as we know.

11800 Town Center Drive NE, Suite 200, St. Michael, MN 55376 • (763) 497-8900
Vonnie Waters, Center Director • vwaters@crowriverseniorcenter.com
www.mnseniorcenters.org - Center Hours-please check the schedule or call Center.

General Policies of the Crow River Senior Center During Covid Limitation:

- Governor Walz, Stay Safe MN order allows groups of 10 people, including the director, in the Center at one time.
- We require participants wear a mask and keep it on during their entire visit at the Center. If you have one please bring it with you. If you do not have one the Center will provide one for you to keep for your use. Your mask should not be removed until you are out of the building.
- Wellness checks will be given at the door (temperature & simple questions answered).
- We ask that all participants sign a waiver document upon entering the Center for participation.
- Participants will be required to be at least 6' apart, wash their hands frequently, and use hand sanitizer. Touchless Hand Sanitizers will be available at the entrance and hand sanitizer will be available throughout the Center. Please use them often.
- Reservations are required for all activities until further notice.
- Drop-in participation will not be available while group numbers are limited.
- Due to spacing and group size limitations, CRSC city residents (Albertville, Hanover, St. Michael) may be given priority registration.
- No food or beverage is to be brought in, shared or served in the senior center.
- Lending Library at CRSC will be halted (Great River Regional Library is right across the hall and has all of the necessary COVID procedures and process in place to keep everyone safe).
- For now, we will not accept item donations. Monetary donations are always welcome.
- Plexiglass window has been installed at the receptionist desk.
- There are markings on the floor for at least 6' physical distancing.
- Tables & chairs have been placed for safe physical distancing.
- All activities will include properly spaced set ups for participants safety.
- Bring your own supplies and books from home that are required for your activity and take these home with you after your activity.
- Pre-registration is required: we cannot accept drop-ins at this time.
- Masks are required to be worn at all times during your visit to the center.

Please refer to the calendar for the schedule.

Thank you for your understanding and patience as we navigate through all of this new normal.

It's always a good idea to call before you come for any updates.

Policies apply to all, even if you have had a vaccine.

Our top priority is to keep everyone safe.

Zoom Class & Tech Help

Zoom 101 with Joe! Friday, March 19 @ 1:30 pm Friday, April 16 @ 1:30 pm

You want to learn more about Zoom? Well join us for a very informative hour about Zooming. Joe Kaul of our HOME Program Tech Support will guide you through. We will discuss the basics and answer any questions that you might have. Visit our website and get the link on the activities calendar or send an email to vwaters@crowriverseniorcenter.com stating that you are interested and a link will be emailed to you.



Tech Help is available!

Need help with your smart-phone, tablet, computer, or TV system? Want to join on a Zoom meeting but not sure how? The HOME Program now offers FREE tech support at our Senior Center, and in-home tech support for a small fee.

Nate, our tech-saavy volunteer is available by appointment to meet you at the Crow River Senior Center to safely offer in-person support, or phone support at specified times in order to provide one-on-one help to older adults with technology issues. **If you would like to**

meet with Nate for a no-cost support session, call 763-497-8900 to schedule an appointment. Be sure to bring your equipment with you!

If you need in-home support, call the HOME Program directly at 763-416-7969 to request an in-home appointment.



GROUPS

Notice: All groups will meet via Zoom until restrictions are lifted to meet safely again. When we do meet again reservations will be required. Any supplies must be brought from home and no sharing. Wellness screenings will be conducted each time you arrive for your group. If you are not well please stay home. If you have underlying health conditions or compromised health please consult your doctor before attending any activities at the Crow River Senior Center. Your safety and health are our top priority. Masks must be worn at all times until you have exited the building. If you need a mask the senior center can provide one for you. Thank you for your understanding and cooperation during this unusual time.

Open Painting

Join others that like to paint. Share ideas or just to set some time aside to do your thing. Zoom link will be emailed out to participants. If in person bring your own supplies for your project, no sharing supplies at this time when we are able to resume in person visits.

Mondays
March and April
9:30 am to 11:00 am

Joy Knit and Needlecraft Club via Zoom

Do you like to knit, crochet or do needlecraft? Join the group to work on your own projects and visit.

Wednesdays @
9:30 am to 11:00 am
March and April

Writers Group via Zoom Monday's 1:30pm to 3:00 pm

If you think you would like to try your hand at recording your memories, writing poetry, short stories, etc., then join the writing group. Open to everyone, no experience needed, and there is no charge. The writers group meets the First and Third Monday each month, unless otherwise noted on the schedule. Zoom link will be emailed to participants.

History Group via Zoom

Do you enjoy history? Get together with others that share this interest. The group meets on a bi-monthly basis, the first and third Tuesdays. Topics could be selected that deal with American History, Civil War, World War II or whatever history people are interested in. Zoom link will be emailed out. Call to join.

Tuesday's
March 2 & 16
April 6 & 20

Time: 9:30 am to 11:00 am

Daytime Book Club for Seniors via Zoom

The Crow River Senior Center has a book club that meets the following dates. Here is the list of books. If you would like to join the group please call to join. We hope to be in person.

Tuesday, March 9 @ 1:30 pm

"House Rules" by Jodi Picoult

Tuesday, April 13 @ 1:30 pm

"The Authenticity Project" by Clare Pooley

Tuesday, May 11 @ 1:30 pm

"Orphan Train" by Christina Baker Kline

Tuesday, June 8 @ 1:30 pm

"The Four Winds" by Kristin Hannah

Dates are listed above

Time: 1:30 pm to 3:00 pm

You do not have to have the full book read to join the discussion



TAXES

AARP Tax Aide

The volunteers at the AARP Tax Aide are here to help file 2020 taxes for low to moderate income persons. This free service will be available various days at the Crow River Senior Center starting February 16, 2021. Days will vary and appointments will be released on a limited schedule due to the challenges of COVID this year. **Please call 763-497-8900 and listen to the message for the dates available. Leave a message only when instructed to do so for the dates listed on the message.** This is to help avoid an overload of calls to return. We appreciate your patience and understanding. We will do our very best to get all requests fulfilled.

It is imperative that you bring all pertinent tax information with you, fill out the intake form and all others completely in advance. Packets will be available to be picked up at the center after appointments are made. A trained volunteer will be at the center to scan your tax documents, return them to you and then securely send the information to other tax volunteers who will complete the returns. You will then be scheduled for a return appointment to pick up your tax return and sign for permission to efile.

Call 763-497-8900 to schedule an appointment.



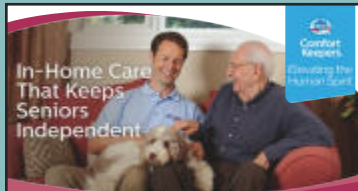
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A 4C 02-1011

CLASSES

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If you are looking for a free virtual exercise class for seniors, please contact the SilverSneakers Instructor, Lori Schoenborn, at theschoenborns@charter.net

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Tuesday & Thursday at 10:00 am.

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You will need an electronic device with a camera and a microphone, i.e. cell phone, computer, laptop, or iPad.

To sign up or inquire please call

Lori Schoenborn at

612-636-0207

or inquire through email at

theschoenborns@charter.net



MN HWY SAFETY CENTER 55+ Driving Class

This driver improvement course is taught by MN Hwy Safety Center trained instructors. The class will explore changes in laws, the latest vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. Completion of this course provides ability for a 10% reduction on automobile insurance premiums for those age 55 and over.

Cost is \$24.00 per person.

4 Hour Refresher Class
Friday, March 19, 2021
9:00 am to 1:00 pm

4 Hour Refresher Class
Friday, May 21, 2021
9:00 am to 1:00 pm



To Register Please call
763-497-8900

Registration will be taken at the Crow River Senior Center. Classes are limited. Payment will be due in advance to secure your spot.

Wellness checks will be preformed at the door before entering the class. If you are not well we ask that you please stay home. Full details will be given once you call to register.

TRIVIA, YAHTZEE & PUZZLES



via Zoom

Join us for a fun filled hour of Trivia to brighten your day. Call the center to get on the trivia list or check our website for dates and times as it will vary in the month of March and April as we navigate around our tax season. You will be sent a link to join or access on our website on the calendar.

Yahtzee!

To play Yahtzee safely at the 6' distance each person will have their own dice and game box to dump their dice into. Each person will play with the same dice for the entire time they are playing that day, no sharing. Dice, cups and boxes will be sanitized after each game day. When in person access resumes at the center we will return to playing Yahtzee. Please feel free to call and inquire for a schedule.

What about Puzzles you ask?
Are puzzles available for pick up?
YES THEY ARE!!

Just call and schedule your time to come and pick up.



We have a supply of puzzles available to be signed out. Puzzles will be wrapped for protection to easily sanitize any contact between pickups. We also have activity kits available for pick up, please inquire if you are interested. Check the calendar for scheduled times and call to make an appointment for your pick up. Return puzzles to the blue bin at the door of the senior center.

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com



+ Peterson Chapel in St. Michael - Albertville +

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Crow River Senior Center, St. Michael, MN

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SUPPORT GROUPS & NOTICES

Parkinson's Support Group

If you're feeling frustrated about life with Parkinson's disease, being part of a support group can be one of the best ways to reduce stress and connect with others who can relate to your experience. Caregivers and family members also benefit greatly from sharing questions and concerns with like-minded others. **This group meets the first Tuesday of each month at 1:30 pm.**

**Tuesdays,
March 2 & April 6
@ 1:30 pm to 3:00 pm**

Meetings are via zoom until we are able to gather in person again. A Zoom link will be emailed to participants. Call 763-497-8900.

Caregiver Support Group

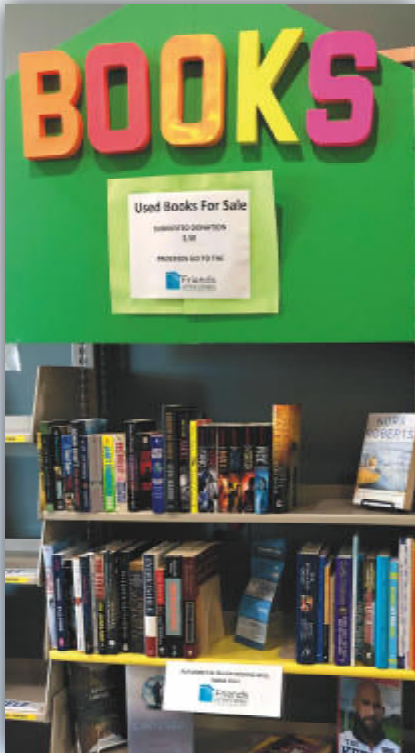
This is an open group that caregivers may join at any time. There is no fee for group participation. Group sessions focus on helping individual caregivers as they care for themselves and loved ones. The support group is a place to share experiences, struggles, humor, coping strategies and learn from one another.

**Thursdays,
March 18 & April 15
@ 1:30 pm to 3:00 pm**

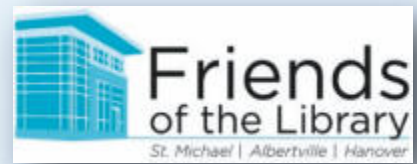
**Meetings are via zoom until we are able to gather in person again. A Zoom link will be emailed to participants.
Call 763-497-8900.**

BOOKS

Senior Center Books



We have not been able to have our lending library at the senior center due to the restrictions of COVID quarantine. We know you miss your books and we hear you. Therefore, to make some of our books more accessible to our seniors the Friends of the Library & Crow River Senior Center are collaborating during these unusual times. There is a shelf labeled BOOKS in the library that will have books for seniors available for pick up. A small suggested donation of 50 cents goes toward all the good that the Friends of the Library make possible. If you are looking for books to pick up, please check out these shelves at the library anytime during library hours, to grab your books and go. Thank you to the Great River Regional Library and Friends of the Library working together with the Senior Center to make this possible. For Library hours or questions please call 763-497-1998 or visit their website at www.griver.org.



M-F 7AM-8PM • Sat 6:30AM-6PM • Sun 8AM-4PM

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DO YOU HELP AN OLDER ADULT WITH DAILY LIFE?

The stress of a caregiving role can be life changing. With the COVID-19 pandemic, we are here to help via phone, email, and video chat.

**Contact Becky Allard, LSW at
952-746-4028**

Caregiver Services

Licensed Social Workers consult with families who care for an older adult and offer resources, coaching, and family meetings via phone or video chat.

Connecting with Peers

We host several caregiver support groups via Zoom audio and video chat. Check our website for our schedule!

Online Support

CareNextion.org is a free online tool for caregivers to find resources, coordinate care, and easily connect long distance caregivers.

Reach out today!

Services are offered at little to no cost and may be covered by Elderly Waiver. Supported with Title III E Grants from the Metropolitan Area Agency on Aging and Central MN Council on Aging. We serve Hennepin, Carver, Wright, and Scott counties.

seniorcommunity.org

Virtual Memory Café



A Virtual Memory Cafe experience is a safe and comfortable online place where caregivers and their loved ones with memory loss can participate together in a creative activity while socializing with others via Zoom. The group will also provide an opportunity for mutual support and an exchange of information – all without leaving home!

If you are unable to attend virtually from your home, we will provide a safe, in-person option at the **Crow River Senior Center**. Or, if you need help setting up Zoom or learning how to connect to a Zoom meeting, no worries – our HOME program is happy to help!

**Upcoming meetings will be held at 1:30 pm on
March 18 (register by March 12)
and April 21 (register by April 16)**

For questions about the Café, please call
Becky Allard, LSW at 952-746-4028

To register, please call
Vonnie Waters at 763-497-8900

*Memory Café made possible by
Minnesota Board on Aging Dementia Grant.*

VIRTUAL PROGRAMS & FREE LUNCH



Virtual Travel Show

Thursday, March 18th at 10:00 AM



Are you ready for your next adventure?
I know we are!

Learn about fantastic group tour opportunities for 2021 and beyond. Destinations include Albuquerque Balloon Fiesta, Autumn in New England, Canyonlands of the Southwest and so many more!

To register email info@gowithlandmark.com and receive presentation access or call 763-497-8900 and provide your email address.

**Thursday, March 18, 2021
10:00 am**

Guardian Angels offering FREE Lunch to Seniors

**March 17 @
Riverview Landing Otsego
April 13 @
Engel Haus Albertville**

11:00 am to 12:30 pm

Seniors are invited to drive up at each location and a boxed lunch will be brought to your car. This free lunch compliments of Guardian Angels Senior Services. First come, first served until supplies last.

RSVP appreciated to Jay-Jay 763-270-3485.



Guardian Angels
SENIOR COMMUNITY

Engel Haus

Doug Ohman Presents “Minnesota From the Road”

April 22 @ 1:30 PM via Zoom

The exciting and interesting photographer and story teller Doug Ohman will present via zoom. Come along with Doug as he takes you through an adventure of Minnesota. You will travel on old Highway 61 and learn more about Minnesota

that you probably did not know through the eyes of a story teller.

You can register to come in person at the Crow River Senior Center to watch if you do not have the technology at home to connect. Call or email to receive a link to watch from the comforts of your own home via zoom. Please call early to reserve your spot for in person as space is limited. This is a FREE event available for all seniors.

To register send an email to vwaters@crowriverseniorcenter.com or call 763-497-8900.

Find more of Doug Ohman's adventures on our website www.mnseniorcenters.org on the virtual programs tab.



VIRTUAL PROGRAMS & TRANSPORTATION

“Aids for Daily Living”

**March 10th
@ 1:30pm to 3pm
Via Zoom**

Senior Community Services' social worker team will be hosting a Virtual Educational Event. Shelly from Handi-Medical will lead a presentation on ZOOM talking about incontinence products, ways to help keep you and your loved one safe at home, adaptive equipment to make eating easier, and much more.

Join us for this virtual presentation and learn what products are available to assist to help make daily life easier.

To register, email

**vwaters@crowriverseniorcenter.com
or call 763-497-8900 and you will be given
a link via email to join.**

Dementia Friends Virtual Training March 17th @1:30pm & 7pm

Do you know someone who has memory loss or a diagnosis of Dementia? Do you want to become more knowledgeable about the disease? We would like to extend a free 1 hour of virtual education about Dementia. Please consider signing up to become a Dementia Friend! This is an informal training that will help you gain a better understanding of Dementia.

What Makes You a Dementia Friend?

You become a Dementia Friend by attending a 1-hour informational session to learn the five key messages about dementia, what it's like to live with the disease, and how to turn your understanding into action that supports people living with dementia.

To register, email

**vwaters@crowriverseniorcenter.com or call
763-497-8900 and you will be given a link via
email to access the training.**



RIDES FOR VACCINATIONS

Trailblazer Transit

Trailblazer Transit will offer transportation at **NO COST** to the customers for any rides related to a COVID-19 vaccination. Caretakers and children may also ride along at no cost. Customers will need to schedule their vaccination appointment and then contact Trailblazer to schedule transportation.

Rides for vaccinations are scheduled subject to bus availability and are coordinated with other rides in normal fashion.

Please call toll-free 1-888-743-3828 to ask any questions and to schedule your transportation.

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tain a token for a free
ride.**

MEALS ON WHEELS PROGRAM



MEALS ON WHEELS 763-497-8900

SERVING OUR COMMUNITY WHEN WE NEED IT MOST!

The Crow River Senior Center is the Meals on Wheels site for Albertville, Hanover & St. Michael. If you know of a senior 60 and over that needs this service, please share this information with them. **The cost is \$4.50 per meal.** Meals are delivered by volunteers Tuesday through Friday and are prepared by the River Inn of Hanover. Currently we are delivering to over 130 participants.

The Meals on Wheels program is available for those seniors in need of a hot fresh meal unable to prepare for themselves and are homebound. Especially during Stay Safe MN statewide restriction we are here to help fill the need. Meals on Wheels is an essential program that will keep running. If you are in need please call right away to get signed up. It's quick to get signed up and is for any senior 60 and over. *If there is a financial hardship please call me; we have a program that may work for you.*

Please call and speak to Vonnie at 763-497-8936 or email for information at vwaters@crowriverseniorcenter.com.

We are always looking for more delivery drivers. Please inquire if you are interested. Just one day per month delivering helps a great deal.

*****NOTICE:*** *If you had purchased a meal punch card from the Center and are interested in picking up a meal-to-go at the Center. We will continue with Thursday meal pick up at the Senior Center parking lot. Please call 497-8900 for more details.*

SERVICES

LEGAL SERVICES

The Senior Law Project of St. Cloud offers legal assistance to seniors 60 and over that are residents of Wright, Benton, Morrison, Stearns, Todd, Wadena and Sherburne County. By appointment only; no walk-ins. The Senior Law Project can help with the following legal problems: Public Benefits, Health Insurance Matters, Low Rent Housing, Advance Directives, Nursing Home Problems and Family Law Issues. Legal services are held monthly at the Center when we are open. **Call the center to schedule your appointment if we are able to resume in person.**

**March 1 & April 5
9:00 am or 10:00 am**



Legal Aid On-Line

Apply on-line for free legal help for low-income people.

- To find out more go to: www.justice4mn.org/a2j or if you prefer to call dial 320-253-0121 or toll free at 888-360-2889.
- Helpful topics include: housing, family, health, disability, seniors, immigration, public benefits, and income tax.

Senior Linkage Line

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Crow River Senior Center, St. Michael, MN

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WRITERS GROUP



“COMMUNICATION 101”

by Mary Smith

No, I do not have a weather app. My association with technology is rather limited. By choice. I still tune into the weather report that follows the evening news on TV.

We all have our favorite news station which, of course, includes the weather man or woman. We are accustomed to their style and their mannerisms. We appreciated their expertise though, like all of us, they are sometimes wrong. It is refreshing when, after a dire forecast doesn't materialize, the weather person gives meteorological reasons for the weather that did happen. They frankly admit that, despite all the information received, it still is not rocket science. The eccentricities of the wind, rain, and snow still seem to rule. Sometimes you don't mess with Mother Nature. And, some weather persons almost do a comedy routine if the prediction doesn't match the production.

We are interested, some are genuinely fascinated, by how the weather regulates our lives. We become concerned when friends and loved ones are experiencing problems related to weather. We almost automatically contact them to check on their safety. Should it be us who are involved in a tenuous situation, we are most grateful for that call of concern.

When people gather, often stories are shared about personal experiences with the weather conditions. Like the floods of '93 or the horrific winter of '97. Retold and relived — poignant stories seared into the memory of those recalling the story.

And, now we all are very much aware of the research on climate change. Anyone with even the slightest knowledge of history is aware of the cyclical happenings through the years, the centuries. Facts that are evident. Facts that are not comforting. Facts that, unfortunately, are colored by political leaning.

So, what is the answer? How do we identify? How do we modify? How do we rectify? As the world turns.

I do know I have found that right now, in small groups of acquaintances, there are several areas in which one mustn't venture with “small talk”: politics, religion, sports (if you are not a Viking or Twins fan) and climate change. But you can always safely discuss the weather.

HOME PROGRAM

The HOME Program Wright County

Are you one of the 90% of seniors who want to stay in your own home as you age but are having a hard time handling some household chores or maintenance? We are excited to announce help is now available for residents age 60 and over in St. Michael, Albertville, Buffalo, Monticello and Hanover through the HOME program of Senior Community Services.

HOME services include handyperson tasks such as changing light bulbs, installing safety devices, minor plumbing, minor electrical repair, checking carbon monoxide/smoke detectors, changing furnace filters, and hanging wall décor. Other services include housekeeping such as dusting, sweeping, mopping, cleaning kitchen and bathroom surfaces, laundry and grocery shopping. Outdoor services include snow removal, lawn mowing, window washing, seasonal leaf raking and yard maintenance. Our expansion to Wright County also brings well-paying job opportunities in the following areas: housekeeping staff, handyperson work, lawn care contractor, snow removal, repair and painting staff. We also welcome volunteers of all ages and abilities. If you know someone with skills that match our services, or who wants to give back to their community **please refer them to Joe Kaul, Program Coordinator, at (763) 416-7969 or hometeam@seniorcommunity.org.**

HOME services are provided to age-qualified individuals at any income level. Lower income residents contribute to the cost of the service on a sliding fee scale based on their monthly income and ability to pay, and the HOME Program does accept some insurance payments. If you are a senior, a caregiver, or know someone who could use a little extra help with household chores, yard work or minor maintenance repairs, contact Joe at the above number or email address. We all age, and Senior Community Services knows that most people prefer to age in place at home. To find out more about us, visit www.seniorcommunity.org.

*****The HOME Program has resumed in-home services and have relocated their office down the hall next to city offices. *****

WE DO HAVE VOLUNTEERS TO DELIVERY FOOD AND SUPPLIES should you find yourself getting low on essentials and do not want to expose yourself by going shopping yourself. Please contact the Wright County HOME Program Coordinator at 763-416-7969 with your questions or concerns. Our workers are conducting wellness checks by phone, so please let them know if have a need for food or supply delivery services before normal services return.





Tech support provided will be donation based,
your generosity is appreciated!

The HOME Program Now Offering Basic Tech Support!

Telephone Support Services

Call us during our regular office hours of 8:30am-4:30pm to schedule your appointment. We can help you with device troubleshooting, texting, video calls, email problems, & other common issues you may be having with the technology in your home.

In-Home Support Services

We can visit you in your home to help with problems that are specific to your situation. Our volunteer technicians are completely vetted, and have experience with common technology issues & setups for TV's, tablets, phones & PC's. Call for an appointment!

Here to help you stay connected!

We understand during this unique time that you may feel more isolated in your home. Our goals with this service are to help you stay connected to friends, loved ones & your community, to access the information you need & find new ways to communicate!

Services we can not provide

- Replace or add Cable or Ethernet Wiring inside walls or in areas difficult to access
- Work on devices owned by a company
- Assist with business related software / hardware
- Help with tax preparation / personal accounting
- Failed hardware data recovery
- Hardware repair (broken screens, failed batteries, inoperable printers, etc.)

This service is funded in part by a grant from the State of Minnesota Department of Human Services.

**For questions and more info,
call our support team at
763-416-7969, or email us at
tech@seniorcommunity.org**

NOTE: by using this service, you agree that SCS is not liable for any data loss or other issues that may arise from supporting you and your electronic devices. We reserve the right to refuse service if the issue is too complex, and offer no warranties for these services.

FREE AREA FOOD PROGRAMS

Hanover Food Shelf

Location: 11024 Church St.
Hanover.
763-498-0086

Hours: Tuesdays & Fridays
12noon to 2pm
Wednesdays 10am to 2pm
and
1st & 3rd Mondays, 5pm to 7pm.

For more details on these programs please
call the Senior
Center at
763-497-8900.



Alleluia Lutheran Church & Cross Food Shelf

**FREE Produce & Bakery
Distribution.**

New Location: STMA High
School (5800 Jamison Ave NE St
Michael) by door J back parking lot.
Wait in your car. Volunteers will
bring food to your trunk.

**All Saturdays in the
months of
March & April
2:00 to 3:00 pm**



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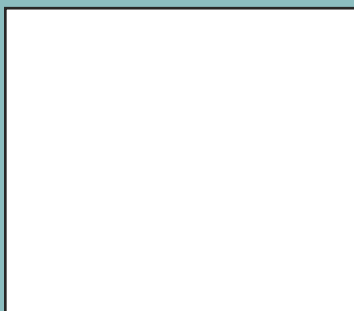
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Senior LinkAge Line® is a FREE service available to help older adults & caregivers locate needed resources.
Senior LinkAge Line®
1-800-333-2433
Telephone and in-person assistance is available in your community by calling:
1.800.333.2433
Partially funded by Older Americans Act

➤ Reach the Senior Market
ADVERTISE HERE
CONTACT
Contact Gina Shaughnessy to place an ad today!
gshaughnessy@4LPi.com or (800) 950-9952 x2487



J ZAC INC
GENERAL CONTRACTOR
763-497-4444





MARCH 2021

ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9A Legal Appts 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 10A Taxes 1:30P—3:00P Writers Group	2 8:30A Fitness Class Virtual 9:30—11:00A History Group 10A Fitness Class Virtual 1:30—3:00 pm Parkinson's Support Group	3 9A –3P Taxes By appointment only 9:30A Fitness Class Virtual	4 8:30A Fitness Class Virtual 9A –3P Taxes 10A Fitness Class Virtual 11:30A Lunch Pick up Center	5 9A –3P AARP Tax Aide By Appointment ONLY
8 9:30A Fitness Class Virtual 10A Taxes By appointment Only	9 10:00A CRSC Advisory Board Meeting 1:30—3:00 pm Book Club	10 9A –3P Taxes By appointment only 9:30A Fitness Class Virtual 1:30P “Aids for Daily Living”	11 8:30A Fitness Class Virtual 9A –3P Taxes 10A Fitness Class Virtual 11:30A Lunch Pick up Center Vaccine Clinic	12 9A –3P AARP Tax Aide By Appointment ONLY
15 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 10A Taxes 1:30P—3:00P Writers Group	16 8:30A Fitness Class Virtual 9:30—11:00A History Group 10A Fitness Class Virtual	17 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Memory Café Virtual 1:30P Dementia Friends Training	18 8:30A Fitness Class Virtual 9A –3P Taxes 10A Landmark Travel Show Virtual 11:30A Lunch Pick up Center 1:30—3:00 pm Caregiver Support Group	19 9A MN Hwy Safety Class 55 + 9A –3P Taxes By appointment only 1:30-3:00 pm Zoom 101 with Joe
22 9:30A Fitness Class Virtual 10A Taxes By appointment Only	23 8:30A Fitness Class Virtual 10A Fitness Class Virtual	24 9A –3P Taxes By appointment only 9:30A Fitness Class Virtual	25 8:30A Fitness Class Virtual 9A –3P Taxes 10A Fitness Class Virtual 11:30A Lunch Pick up Center	26 9A –3P AARP Tax Aide By Appointment ONLY
29 9:30A Fitness Class Virtual 10A Taxes By appointment Only	30 8:30A Fitness Class Virtual 10A Fitness Class Virtual	31 9A –3P Taxes By appointment only 9:30A Fitness Class Virtual	All Tax schedules are by appointment only NO walk-ins. Please call the center to inquire /register for activities. Due to the limited numbers, no drop-ins at this time. All schedules are subject to change. We appreciate your understanding and patience.	

**Meal Ordering
Deadline:**

Call in for the entire month
or by 3pm the Thursday
prior for the following
week. Cancellations can be
made at least 1 day prior
763-497-8900

**MARCH
2021**

**MEALS ON WHEELS
LUNCH MENUS**

Vegetables will be a
Chef's Choice for most
days.

**(Menu subject to
change without notice.)
Cost per meal for
Meals on Wheels is
\$4.50**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BLT on Multigrain Bread Macaroni Salad Fruit	3 Chicken Chow Mein Rice/ Noodles Egg Roll	4 Meatloaf Mashed Potatoes Mixed Veggies <i>(Call in orders today for next week)</i>	5 Lasagna Roll Ups Side Salad Dinner Roll
9 Chicken Wild Rice Soup Club Sandwich	10 Pulled Pork Baked Beans Cole Slaw	11 Oriental Chicken Salad Breadstick <i>(Call in orders today for next week)</i>	12 Tilapia Rice Blend Mixed Veggies Dinner Roll
16 Cobb Salad Breadstick	17 St. Patty's Day Corned Beef Cabbage Potatoes Carrots/ Roll	18 Spaghetti with Meatballs Green Salad Dinner Roll <i>(Call in orders today for next week)</i>	19 Liver & Onions Baked Potato Mixed Veggies <i>*(Chicken alternative)</i>
23 Sloppy Joe Baked Beans Coleslaw	24 Salisbury Steak Mushroom gravy Mashed Potatoes Veggie Blend	25 Chicken Stir Fry Rice Egg Roll <i>(Call in orders today for next week)</i>	26 Fish Sandwich Macaroni Salad Chips
30 Tatortot Hotdish Veggie Dinner Roll	31 Sweet & Sour Pork Rice Veggie Blend	Please call in orders by Thursdays for the following week. Cancellations must be made 1 day prior by 1pm.	



APRIL 2021

ACTIVITIES CRSC



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All activities will be via Zoom if the Center is unable to have in person participation. All Tax schedules are by appointment only NO walk-ins. Please call the Center to inquire /register for activities. Due to the limited numbers, no drop-ins at this time. All schedules are subject to change. We appreciate your understanding and patience. 763-497-8900.</p>			1 8:30A Fitness Class Virtual 9A –3P Taxes 10A Fitness Class Virtual 11:30A Lunch Pick up Center	2 Good Friday Center Closed
5 9A Legal Appts 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 10A Taxes 1:30P—3:00P Writers Group	6 8:30A Fitness Class Virtual 9:30—11:00A History Group 10A Fitness Class Virtual 1:30—3:00 pm Parkinson's Support Group	7 9A –3P Taxes by appointment only 9:30A Fitness Class Virtual	8 8:30A Fitness Class Virtual 9A –3P Taxes 10A Fitness Class Virtual 11:30A Lunch Pick up Center	9 9A –3P Taxes by appointment only
12 9:30A Fitness Class Virtual 10A Taxes By appointment Only	13 10:00A CRSC Advisory Board Meeting 1:30—3:00 pm Book Club	14 9A –3P Taxes By appointment only 9:30A Fitness Class Virtual	15 8:30A Fitness Class Virtual 9A –3P Taxes 11:30A Lunch Pick up Center 1:30—3:00 pm Caregiver Support Group	16 9A –3P Taxes by appointment only 1:30-3:00 pm Zoom 101 with Joe
19 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group 10A Taxes 1:30P—3:00P Writers Group	20 8:30A Fitness Class Virtual 9:30—11:00A History Group 10A Fitness Class Virtual	21 9:30—11:00A Joy Stitch Group 9:30A Fitness Class Virtual 1:30—3:00 pm Memory Café Virtual	22 8:30A Fitness Class Virtual 11:30A Lunch Pick up Center 1:30P Doug Ohman presents	23 9:30A Wii Bowling 1:30P Movie TBT
26 9:30A Fitness Class Virtual 9:30A —11:00A Painting Group	27 8:30A Fitness Class Virtual 10A Fitness Class Virtual 1:30P Wii Bowling	28 9:30—11:00A Joy Stitch 1:30—3:00 pm Whitty Wednesdays Trivia	29 11:30A Lunch Pick up Center 1:30P Movie TBT	30 MSG Conference NO CENTER ACTIVITIES

**Meal Ordering
Deadline:**

Call in for the entire month
or by 3pm the Thursday prior
for the following week.
Cancellations can be made at
least 1 day prior.

763-497-8900

**APRIL
2021**

Vegetables will be a Chef's
Choice for most days.

**MEALS ON WHEELS
LUNCH MENUS**

**(Menu subject to change
without notice.)**

**Cost per meal for Meals
on Wheels is \$4.50**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call for cancellations at least one day ahead.</p>	<p>Orders placed by Thursdays 763-497-8900</p>	<p>1 Chicken Ala King Biscuit Side Salad <i>(Call in orders today for next week)</i></p>	<p>2 Salmon Wild Rice Blend Broccoli Blend Dinner Roll</p>
<p>6 Goulash Side Salad Dinner Roll</p>	<p>7 Baked Ham Baked Sweet Potato Veggie Dinner Roll</p>	<p>8 Swiss Chicken Wild Rice Blend California Blend <i>(Call in orders today for next week)</i></p>	<p>9 Pork Chops Garlic Mashed Veggie Dinner Roll</p>
<p>13 Swedish Meatballs Mashed Potatoes Veggie</p>	<p>14 Shepherds Pie Veggie Dinner Roll</p>	<p>15 Hot Turkey Sandwich Mashed Potato Veggie Blend <i>(Call in orders today for next week)</i></p>	<p>16 Liver & Onions Red Potatoes Mixed Veggie <i>*(Chicken alternative)</i></p>
<p>20 Chef Salad Dinner Roll</p>	<p>21 Meatloaf Mashed Potatoes Gravy Veggie</p>	<p>22 Pulled Pork Baked Beans Cole Slaw <i>(Call in orders today for next week)</i></p>	<p>23 Chicken Stir Fry Rice Egg Roll</p>
<p>27 Sloppy Joe Baked Beans Macaroni Salad</p>	<p>28 Lasagna Side Salad Breadstick</p>	<p>29 Chicken Drummies Roasted Red Potatoes Veggie</p>	<p>30 Cheeseburger Fries Pickle</p>

IN THIS ISSUE:

Many activities are in this issue that we are able to do with smaller numbers or Zoom. We continue to keep you informed and entertained during this Covid-19 Pandemic. Please take this opportunity to connect and re-connect with your family, friends and neighbors on a regular basis to check in. Watching out for one another during the tough times is so important. Everyone Stay Strong and let your kindness shine!

ABOUT US

The Senior Center is located at
11800 Town Ctr Dr NE, Suite 200
St. Michael.

The Center is open Monday through
Friday check the schedule for times.
For more information on programs &
senior issues, call the Center at
763-497-8900.

www.crowriverseniorcenter.com



A NOTE REGARDING THE NEWSLETTER: PLEASE HELP US SAVE COSTS

Please notify the Center if you are
gone for the winter or no longer wish
to receive the newsletter.

Contact us also if you have a change
of address or wish to have the
newsletter emailed to you.

This helps reduce
additional postage cost greatly.

Thank you.



CROW RIVER SENIOR CENTER ADVISORY BOARD

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Alex Ferrell (Legacy)

Joe Kaul

Dennis Kueng

Gwen Lapp

Marion Marshall

Sharon McDonald

Claudia Pingree

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