



FOREVERWELL Newsletter

SOUTHDALE YMCA

September 2019

Southdale Y American Red Cross Blood Drive

Wednesday, September 4 from 10 a.m. - 4:00 p.m.

Giving blood is a simple thing to do, but it can make a big difference in the lives of others. Sign up today to help make a difference in someone's life. All presenting donors will receive a free guest pass to the YMCA. To schedule an appointment, stop by the front desk, or call 1-800-RED CROSS, or visit redcrossblood.org and enter YMCAEDINA.

Camp ForeverWell Overnight at Camp St. Croix, Hudson, WI

Monday, September 9 - Tuesday, September 10

Adventure awaits you and your friends for an amazing 2-day stay at Camp St. Croix, located on the extraordinary shores of the St. Croix River in Hudson, WI. Enjoy scenic hiking trails, glide down the zipline, visit the archery range, do some yoga and explore your artistic side. You will be able to customize your camp experience by choosing from a variety of activities that best fit your interests and activity levels. You can choose just a day option or the overnight option. If you like the music of James Taylor, camp will be holding a Fire & Rain: James Taylor Tribute concert during your stay (there is a minimal add-on cost for this event). Cost: \$50-105 based on length of stay, transportation and concert options. Full details and registration at campst.croix.org/campforeverwell. Don't miss this outstanding and inexpensive opportunity to rejuvenate yourself in this great retreat location.

Flu Shot Clinic—Wednesday, September 11 from 10 a.m. - Noon in the Main Lobby

For your convenience, Walgreen's Pharmacy will be onsite providing a Flu Shot Clinic. They will help you navigate any insurance questions related to coverage of this preventative measure. No appointment necessary.

AARP Beyond the Basics classes onsite in September

Join AARP for a free workshop and learn how to get the most from your mobile devices. All participants will get hands-on experience with devices and receive a free touchscreen stylus pen. They will be offering 90-minute sessions for both beginner and intermediate users here on Friday, September 13. For more information on specific sessions and to register for classes call 866-740-6947 or email at aarpprograms@aarp.org, or visit aarp.cvent.com.

Caregiver Burnout vs. Compassion Fatigue

Tuesday, September 17 at 10:00 a.m. in the Rotary Room

We all want what's best for our loved ones. Many times, that means sacrificing "me time", our health and well-being and physical energy to provide care. It's natural to feel some resentment, anger or fatigue and then guilt as we experience these emotions. If you've gone through this, you are not alone. Come learn about some resources and techniques that can help you through the caregiving experience. Sign up at Member Services. Cost: FREE

Lives Well Lived: Celebrating the Secrets, Wit and Wisdom of Age

Thursday, September 19 from 6:00 - 8:30 p.m.

The Colonnade Group Thrivent community will be presenting a screening of the absolutely amazing film, "Lives Well Lived" at the Landmark Edina Cinema located at 3911 West 50th Street. You do not want to miss this uplifting and inspiring movie, so make a date to join your friends and family and get tickets today. This film is perfect for an intergenerational outing and will make you thankful that you shared this experience with a loved one. Cost: \$10.00/person (includes popcorn, drink, free tastings, photo booth and an on-site service project). Registration is online at <http://seeliveswelllives.eventbrite.com>. Proceeds of the event will go to support the YMCA, Meals on Wheels and Senior Community Services. If transportation is a challenge for you and you would be interested in a potential shuttle, contact Sarah at 952-435-9017.

Active Aging Week Special Events - September 23-27

9/23—Free Balance Screenings in the Rotary Room anytime between 10 a.m - Noon

9/24—Blood Pressure: The Silent Killer Lunch & Learn at 11:30 a.m. in the Rotary Room. Cost: FREE. Sign up at Member Services. Space is limited.

9/25—Frontenac State Park Hike & Picnic Enjoy the fall colors with a beautiful hike (be prepared for rugged terrain and stairs). Depart the Y at 10:00 a.m. and return around 2:00 p.m. Cost: \$5—Register by contacting the Foreverwell Coordinator.

9/26—Free Fitness Assessments in the Rotary Room, stop by anytime between 1:30 - 3:30 p.m.

9/27—Stillwater Day Trip. Get away for the day and enjoy time exploring this beautiful city. We will leave the Y at 9:15 a.m. and make our first stop at Aamodt's Apple Orchard. From there we will head downtown where you will have two hours to walk Main Street and have lunch (on your own). At 1:30 p.m. we will board the Stillwater Trolley for a historical tour of the city. We will return to the Y around 4:00 p.m. Activity Level: Moderate. Register at Member Services. Cost: \$27 for Members.

ForeverWell Program
Coordinator

Sarah Dickhausen

ForeverWell Coordinator
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Southdale YMCA



ForeverWell Gathering Event
Monday, October 7.

Registration is currently closed for this event, but for those members who are registered please note that you will be contacted one week prior to the event with details about departure time and location. Currently, plan on leaving around 9:00 a.m. from Woodlake Lutheran Church just off 76 Street and Oliver in Richfield. You will receive a confirmation email as the event gets closer. Please contact the ForeverWell Coordinator with any questions.

Explore Tai Chi

9-week sessions begin September 4

Enjoy slow graceful movements that create inner and outer physical and emotional balance, strength and energy. Each class will incorporate positive thoughts, qigong movements and healing Tai Chi movements from Tai Chi for Health, which is a program endorsed by many health organizations. Here are two options for you to choose from this fall:

Tai Chi for Health (9-week class) Wednesdays at 1:00 p.m. in Multi-Purpose Room B. We will be focusing on Sun 21 or Tai Chi for Arthritis form by Dr. Paul Lam. The class is suitable for most people and abilities, from beginners to intermediate. Remember to bring water to drink and wear comfortable shoes.

Seated Tai Chi for Healing (9-week class) Wednesdays at 2:00 p.m. in Multi-Purpose Room B. We will be focusing on Tai Chi for Rehabilitation form by Dr. Paul Lam. The class is suitable for most people and abilities, from beginners to intermediate. The class will be taught mostly seated, with the option of standing depending on the group. Remember to bring water and wear comfortable shoes and back support if needed.

Moving for Better Balance Mon & Wed at 11 a.m.

12-week session begins September 30 in MPR B

Moving for Better Balance is an evidence-based, fall-prevention program that uses the principles and movement of Tai Chi to help improve balance and increase confidence for everyday activities. The program is led by a trained instructor and focuses on improving functional ability to reduce fall-related risks and frequency. The 12-week, 24-session-program builds on traditional Tai Chi by transforming the movements into therapeutic training for balance and integrating the movements into daily functions. Register at Member Services. Cost: FREE

Redefining Strength after Breast Cancer

Wednesdays at 9:00 – 9:45 am for 7 weeks, starts 9/11/19

This program is designed for women who have experienced breast cancer and want to rebuild strength and endurance. This small group personal training program will guide you through flexibility and strength exercises under the expert care of a trainer and in a supportive environment of other women who have shared similar experiences. Cost: \$112 for Members. Register at Member Services.

Please note that the Y will be open from 7:00 a.m.—4:00 p.m. on Labor Day and running a special class schedule.

BLOOD PRESSURE

Registration Begins First Week of September.
Contact Diane Schroeder at:
diane.schroeder@ymcamn.org to sign-up.

Cost for Members: \$79 Members or \$49 if you have your own BP monitor.

Cost for Non-Members: \$129 or \$99 if you have your own BP monitor.

About the program: The Blood Pressure Self-Monitoring program is 4-month program that includes a 10-minute consultations with a Healthy Heart Ambassador during drop-in office hours, weekly check-ins from a Healthy Heart Ambassador by phone, email or text and monthly Nutrition Education Seminars. Participants are asked to attend two personalized consultations per month (office hours) and the monthly Nutrition Education Seminars.
How it benefits participants

- Joining the blood pressure self-monitoring program is an **investment** in your health and a **commitment to reducing your risk** for heart attack or stroke.
- One of the benefits of the blood pressure self-monitoring program is the **support** you will receive to develop the **habit of self-monitoring** to lower or better manage your blood pressure.
- The value is in investing in your own **health** to reduce your risk for heart disease.
- The fee for the program also ensures that the program is **sustainable** and can benefit others who have high blood pressure.

Requirements for participation

- Be at least 18 years old or older
- Been diagnosed with high blood pressure and/or are on antihypertensive medication
- Not experienced a recent (within the last 12 months) cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not have or are not at risk for lymphedema

Save the Date

October 7

Gathering event at Minneapolis Convention Center

October 16

World Food Day Potluck

October 23

Down in History "The Bad-dest Tour" with Wabasha Street Caves

November 18

Cooks for Kids at Ronald McDonald House—meal prep volunteer opportunity

November 22

Green Books Book Fair