



1015 Fourth Ave N, Minneapolis MN



Welcome Desk
612-344-2221

Alive & Kickin
612-382-7155

Courage Kenny
612-775-2475

Grace Hospice
612-238-0034

MHRC
612-342-1330

Northside Funders
Group
612-351-8214

NorthPoint
612-543-2500

Open Circle
612-843-4940

Thomas T. Feeney
612-843-0090

YMCA
612-230-3987

Center Mgmt
Office Hours
Monday – Friday
8:00 a.m. - 4:30 p.m.

Contact Information
Evelyn LaRue
Center Director
612-344-2210

This publication
highlights different
programs, activities,
and events at the
Heritage Park Health
and Wellness Center.



WELCOME TO OUR NEWEST PARTNER

Heritage Park Health and Wellness Center is now home to Grace Hospice and Home Health. Hospice is a philosophy of care that recognizes every person deserves to live out his or her life with respect and dignity, free of pain, and in an environment that promotes quality of life. Hospice begins with a referral from a medical provider when life expectancy is six months or less. This specialized end-of-life care focuses on comfort with services that include medical, personal care, emotional support, and spiritual care. Grace Hospice serves people with terminal illnesses in the Twin Cities metro area of Minneapolis and St. Paul. We serve the person wherever they consider home. This may be an assisted living community, skilled nursing, or private home.

What is hospice?

Hospice offers physical, emotional, and spiritual care for people dealing with life-limiting illnesses, and caring support for their families. Hospice focuses on providing compassionate care and comfort, not cure.

Who pays for hospice care?

Medicare, Medicaid, and many health insurance plans will pay for hospice care services. Private pay is an option as well.

We will be hosting an Open House for the community so be on the lookout for that date. For more information about Hospice services please call 612-238-0034, stop by 1015 4th Ave N (2nd floor) Ste 206 or visit <http://www.gracehospicecaring.org>



Partnering to Create a Healthier Community

Thank you to everyone who attended our Open House on May 19th. Attendees got a chance to take a tour of the clinic, meet staff, get free medical and dental screenings as well as see our new DEXA Scan machine which tests bone density for osteoporosis. We are very excited for NorthPoint to be providing services for this community. Call 612-543-2500 or stop by Monday to Friday and visit us, we would love to see you.

Heritage Park Health & Wellness Turns 4

As we embark on our fourth year of service to this community, we asked our partners to think back on the great work we have done here at the Center and share some of those moments with the community. These highlights show our commitment to promoting optimal health and well-being for older adults through a network of partnerships.

Alive & Kickin – Alive & Kickin, the senior performance group set to redefine what it means to get older, moved into the building only 9 months ago. Since then, they have memorized more than 25 songs to perform for more than 3,000 people throughout the Twin Cities. Every member of the organization not only feels a sense of accomplishment, but is also personally dedicated to showing the world that seniors have tremendous value. Their personal mission is to give seniors voice, honor senior citizens and inspire everyone. Alive & Kickin launched a monthly music program this year to connect with the community through music, and touch the spirit of all involved. Each month people from all over the neighborhood come together at Heritage Park Health & Wellness for a neighborhood celebration of song. The monthly program, *Sing Out!* features favorite popular songs from our past. Residents, partners, neighbors - all are welcome - join together to sing at the top of their lungs, laugh play music or just tap their toes.

Courage Kenny – With over 1,800 visits for therapy in 2015, therapists have continued to engage patients in mobility, increasing their abilities to better get around and exercises to do daily tasks. Staff have enjoyed participating in events on campus, i.e. Northpoint Open House, Health Social, Breast Cancer Awareness events. Off site, staff is working to bring the awareness of Heritage Park Health and Wellness Center to the community via the annual Stroke Conference, MN Case Manager Conference, and sharing with providers in the community and continued partner collaboration.

Feeney Manor – Feeney Manor has been hosting monthly family meetings for their residents. These meetings serve to bridge the gap between families and care givers so that families understand the health and wellness needs of their loved ones. Each month a Center partner attends the meetings to present information about services available.

Grace Hospice – Moved into the Heritage Park Health & Wellness Center April of 2016 due to a growth in the demand for hospice care. Grace has now added Home Health, which is a medicare benefit to its array of services offered. In 2015, Grace employees made over 15,000 home visits to participants throughout the Twin Cities area.

Minneapolis Highrise Rep Council – In 2015, the Rep Council hosted monthly Legal Aid clinics focused on estate planning for seniors. Pro Bono attorneys, recruited and trained by Mid-Minnesota Legal Aid, prepared health care directives, power of attorney forms and simple wills for low-income persons over 60 years old. They also started 10 high-rise walking clubs and collaborated with the Heritage Park YMCA to arrange free transportation to the Y for residents from two of these buildings so they could make use of the indoor walking track and other Y amenities. Expanded support for community vegetable gardening in the high-rises to include hydroponic salad tables. Open Circle, Feeney Manor, Heritage Commons at Ponds Edge and four other high-rises were part of a U of M pilot project to grow several different kinds of salad greens in water.

NorthPoint Health & Wellness – Moved into the Heritage Park Health & Wellness Center November of 2015 to respond to the needs of the community. The Heritage Park location is their first non-school statelite clinic and NorthPoint is looking for it to be the model for providing care at the community level. NorthPoint held its open house in May of 2016 to introduce community members to their staff and programs and services.

Open Circle – Our first partner to move in, Open Circle has hosted a “Juneteenth” celebration annually for all partners and the community. During the 2015-2016 year, the Dr. Solomon Carter Fuller Act on Alzheimer’s team held community conversation events throughout the year offering discussion, education and community events for families. Mother’s Day 2015, PBS featured a documentary called “Caring for Mom and Dad” that followed a family from North Minneapolis and Open Circle Adult Day Services as 1 of 8 families featured in the documentary. June 2015 and August 2015, Open Circle partnered with VOA MN/WI to show the documentary, have community discussions around care giving and to honor the writer, producer and film maker as well as the Robinson family. Fall of 2015, Open Circle received an Allina Healthy Activity Grant and held a Tai Chi 10-week course for persons living with dementia and their caregivers. The evening also included a meal for everyone, as well as an educational topic. Nov 2015--Allina LifeCourse/ TPT created a documentary for channel 2 entitled “Late Life-Making a Difference” which featured Patrick and Jenny Downey from North Minneapolis and the services Open Circle provided for families on the journey with dementia. Filming occurred on site at OC Heritage Park Health and Wellness Center.

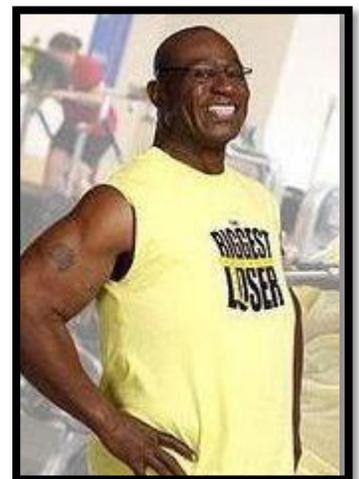
YMCA at Heritage Park – The YMCA helped to transport over 1,500 seniors city wide to the annual gathering. This event is a day for active older adults to come together for a talent show and to highlight accomplishments of members throughout all the YMCA’s. Members were able to attend Camp St. Croix, an active older adult camp that is held annually. Members got a change to zipline, rock climb, bike, etc. Additionally, we just held our annual senior health and fitness day “Be Active, Be Brilliant, Be Calm”. Attendees enjoyed dancing through the decades, meditation, brain ticklers and an essential oils presentation.



Or, stop by and cheer our team on and enjoy snacks, water and giveaways.

Join us on the longest day of the year at the YMCA to help end Alzheimer's! Register for a 1-hour block to be part of Team Unforgettable and NuStep alongside O'Neil Hampton, from Season 9 of The Biggest Loser.

Saturday, June 11, 2016
5 a.m. - 9 p.m.
YMCA at Heritage Park
1015 4th Ave N
Minneapolis, MN 55405



JUNE 2016 Calendar of Events



Join us as we celebrate those born in the months of April, May and June

Wednesday, June 8th at 10:30 a.m.



Come by and join the YMCA at Heritage Park for a free day of activity. Learn about all of the wonderful new additions that we have added.

Tuesday, June 7th at NOON

- Tours,
- Free Passes to the YMCA
- Free Class Demo
- Light snacks

Come by and learn how the YMCA can assist you with meeting your health and wellness goals.

4th Annual Gala

Friday, June 24th, 2016

5:00 – 8:00 p.m.

Come dance the nightaway!!!!!!

Food • Music • Photography



Ticket Information call: 612-344-2221

Monthly Events

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| <p>Sing Out</p> <p>Monday, June 13th 2:00-3:30 p.m.</p> | <p>Movie Matinee</p> <p>Tuesday June 21st 2:00 - 4:00 P.M.</p> | <p>Community Bingo</p> <p>Monday, June 27th 12:30-2:30 p.m.</p> <p>Great prizes, refreshments and fun!!!!</p> | <p>Join us for the</p> <p>“Senior Perspectives” radio program on KMOJ 89.9 FM every Friday at 1:00 p.m.</p> |
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