

1015 Fourth Ave N, Minneapolis MN



**MINNEAPOLIS HIGHRISE
REPRESENTATIVE COUNCIL**

Residents from north and northeast area MPHA high-rises attended an Area meeting in June at Heritage Park Health & Wellness Center (HPHWC) to discuss resident council operations, the Minneapolis High-rise Representative Council's (MHRC) civic engagement and health initiatives and to elect MHRC committee members. The MHRC has a number of standing committees which meet regularly to address individual high-rise and city-wide resident concerns related to security, high-rise maintenance and management and diversity-related initiatives, to name a few.



**THOMAS T. FEENEY
MANOR**

Thomas T. Feeney Manor is looking for **Volunteers** to be **Senior Companions**. We are seeking outgoing, kind, and positive individuals who want to make a difference in the lives of others. The volunteer work could involve such tasks as *One to One Social Visits, Playing Games, Reminiscing, Reading Stories, Playing Cards* and more importantly, spending time with our Greatest Generation. Note: There is an application, interview, and orientation process. Should you be interested, please contact Sarah Jo Royce at 612-843-0090 or stop by at the front desk to inquire at 901 4th Ave North. We look forward to meeting you!

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

**Contact
Information**
Evelyn LaRue
Center Director
612-344-2210

Welcome Desk
612-344-2221

Courage Kenny
612-775-2475

MHRC
612-342-1330

**Northside Funders
Group**
612-351-8214

Open Circle
612-843-4940

Thomas T. Feeney
612-843-0090

YMCA
612-821-2193

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

Chinese Medicine: An Antidote for Summer Heat

If hot, muggy weather leaves you feeling out of sorts, you may want to explore how Chinese medicine can help. The basic premise of Chinese medicine is to prevent disease. Even when symptoms arise, the goal is to prevent illness from going deeper into the body, explained Jennifer Blair, an integrative holistic provider at Penny George Institute. Food plays an important role in this process and is used to both prevent and treat heat-related conditions brought on by exposure to hot weather.

While Americans typically drink iced beverages to cool off, other cultures recognize that cold constricts and closes the pores, trapping heat in the body. “Sweating is actually the best way to cool down,” said Blair. “If you are sensitive to heat, stay well hydrated, and try a cup of hot chrysanthemum tea – it can help cool you down quickly.”

Blair also recommends these foods to help the body to clear heat:

- **Watermelon** – provides nourishing fluid and acts as a mild diuretic to clear heat from the body
- **Lemonade** – the combination of sweet and sour helps to cool the body

Blair noted that other practices rooted in Chinese medicine are also useful in warding off summer heat. “Practicing qi gong and tai chi can help balance the energy of the body without exerting yourself and becoming overheated.” For more on managing heat with Traditional Chinese Medicine, visit www.georgeinstitute.wordpress.com and search for summer heat. This information was brought to you by the Penny George Institute for Health and Healing, part of Allina Health.

Allina Health also offers services through Courage Kenny Rehabilitation Institute at Heritage Park Health and Wellness Center. Courage Kenny Rehabilitation Institute offers a wide range of services of special interest to active adults. These range from rehabilitation therapy to health, fitness and recreation. Talk to your doctor about an order for therapy services to get started. **For more information, call 612-775-2902. To schedule an appointment, call 612-775-2475**

UPCOMING EVENTS

Tuesday, July 14, 2015
Movie Day - 2:00 p.m. - 4:00 p.m.

Monday, July 27, 2015
Bingo - 12:30 p.m. - 2:30 p.m.

Every Friday
Senior Perspectives Radio Show
1:00 p.m. - 2:00 p.m.

Every Saturday
Gospel Aerobics
11:30 a.m. - 12:20 p.m.

Every Sunday
Circle of Healing
2:00 p.m. - 4:00 p.m.

Thank you to all those who attended and helped with our 3rd Annual Gala. This year’s theme was “**Salute to Motown**”. We had over 200 people in attendance that enjoyed the music, food and fashion show highlights.

To view more photos from this wonderful event visit the following link:

<https://www.facebook.com/media/set/?set=a.921720927867257.1073741845.714840905221928&type=3>

