



**COON RAPIDS SENIOR SERVICES**

# Voice of Experience

MAY 2020

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**DUE TO COVID-19**  
**THE COON RAPIDS SENIOR CENTER**  
**IS CLOSED UNTIL FURTHER NOTICE!**  
**It is our top priority to keep seniors healthy and safe!**

Cancelled events include all day trips, speakers, classes, game groups, craft/art groups, birthday parties, entertainment events, the Volunteer Appreciation Banquet and the Anoka County Cribbage Tournament. All AARP Tax appointments and Foot Care appointments have also been cancelled. We are closed until further notice.

Refunds are being sent for amounts paid over \$5.00. Credits have been issued for \$5.00 or less., to be used on a future event.

In the meantime, Senior Center staff are here to help you. If you have a question about resources, grocery delivery or other issues, please contact us at 763-767-6473. We are 'working from home', so leave a message and we'll call you back!

We miss you but know we will be together soon. In the meantime, we hope you are healthy and happy.

Kris Niebler  
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Cindy Olson  
Program Assistant  
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*Try A New Recipe! Be Brave!*

**DON'T BE A COUCH POTATO!**  
**EXERCISE DURING TV COMMERCIALS.**  
**WALK DOWN THE HALL.**  
**STRETCH! MOVE!**

Go through those old photographs! You know you've been meaning to do it! Write names and dates on the back and toss out those with no people or value.

**KEEP A JOURNAL!**  
**THESE ARE UNIQUE TIMES AND**  
**SHOULD BE DOCUMENTED!**

**Feed The**  
**Birds!**

*Call a friend at least once a day. Get out the address book and have some fun!*

**Write down your childhood memories. Here's your chance to pass those stories on to future generations. Don't make it too complicated. A story on each page and a page a day!**

**Dust off your old instrument and give it a try!**

**Donate to your local food shelf!**

**Organize your clothes.**  
**(you know you should!)**

**Count Your Blessings! Then count them once again!**

## **CHECK OUT THESE RESOURCES!**

**RESOURCES:** Call the Senior LinkAge Line at 1-800-333-2433 and learn all about home-delivered meals, grocery and drug deliveries, home care and more. Or use their new online tool at [HelpOlderAdultsMN.org](http://HelpOlderAdultsMN.org)

**EXERCISE AT HOME:** Free SilverSneakers workouts for every ability level at [go.silversneakers.com/silversneakers-go-promo](http://go.silversneakers.com/silversneakers-go-promo)

**ANOKA COUNTY OUTREACH WORKER:** Need help? Call 763-783-4741.

**MEALS ON WHEELS:** Call 612-623-3363 for meals or to volunteer.

**JUST FOR FUN:** Go to [seasonedtimes.com](http://seasonedtimes.com), a website just for seniors. Includes free games, trivia and brain teasers.

**HEATHER'S HEALTH CLASSES:** Do you miss Heather's Health Classes at the Senior Center? Check out her website for articles, recipes and info on how to watch her classes online! Go to [www.chroniclesinhealth.com](http://www.chroniclesinhealth.com)

**PHARMACY SERVICES:** Most pharmacies have a drive-thru, curbside service or can quickly mail your medications. Contact them before going into the store.

**HELP AT YOUR DOOR:** This non-profit organization provides grocery assistance and essential medical transportation to seniors. The cost for delivery is \$15, though there is a sliding fee for income-eligible individuals over 60. To sign up, call 651-642-1892 or email [information@helpatyourdoor.org](mailto:information@helpatyourdoor.org)

**CITY OF COON RAPIDS:** Visit [www.coonrapidsmn.gov/coronavirus](http://www.coonrapidsmn.gov/coronavirus) to read updates. City buildings are closed to the public, but the police department lobby is open. City Hall is open for service Monday-Friday, 8 a.m. to 4:30 p.m.

**THE SENIOR CENTER:** We're just a phone call away. If you need help, let us know. Just leave a message at 763-767-6473 and we'll call you back!

## **TIPS FOR GROCERY SHOPPING**

**TIP #1:** To limit exposure, do not go in the grocery store. Walmart, Cub, Target, pharmacies and other stores have curbside pick ups. Call the store or check out their website for more information.

**TIP #2:** If you must go into a store, go as early as you can. Most are restocked overnight and are less busy in the mornings. Some even have special senior shopping hours!

**TIP #3:** Wear something over your mouth and nose such as a mask, scarf or bandana. A mask helps prevent the spreading of germs but also reminds you not to touch your face. Wear gloves. Bring your hand sanitizer and use it as soon as you get to the car.

**TIP #4:** Wipe down all of your purchases before bringing them into the house. If possible, let non-perishables sit in the garage for 2-3 days.

## LIONS TICKETS

The Anoka Lions Music Show, originally scheduled for March 14 has been rescheduled to August 15, 2020. Hold your tickets! They will be good for the new date. If you have tossed them away, don't despair. The Lions Club will work with you to get new tickets into your hands, starting in July. If you have questions, please call 763-757-4143.

## TAX UPDATE

The IRS and the MN State Revenue Services have extended the filing deadline from April 15 to July 5, without any fines or interest. The Senior Center does not know, at this time, if the tax appointments that were cancelled in late March and April will be rescheduled at a later time. We'll keep you posted!

Minnesota Safety Council

## DEFENSIVE DRIVING COURSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by taking a MN Safety Council Defensive Driving Class. Anyone taking the course for the first time must take an 8-hour 'first time' session. Others take a shorter, 4-hour refresher course every three years.



**Classes at the Coon Rapids Senior Center have been cancelled through (at least) June 1.**

Refunds will be mailed. For classes scheduled after June 1, please call our office at 763-767-6473 and check on the status of the class.

Did you know that you can also take these classes on-line? They're easy and you can stop and start the session at your convenience, so you're not obligated to sit for four hours straight. Call the MN Safety Council at 651-291-9150 for more info or sign up at [www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org)

### **WHAT CAN YOU DO TO HELP?**

Consider donating to a food shelf over the phone. They are experiencing high volume right now and your monetary donation would go a long way. Call the ACBC Food Shelf at 763-422-0046 for more information.

## STAY UP TO DATE!

There are two ways to keep up with the latest news from the Senior Center.

1. **PHONE:** You are welcome to call us at 763-767-6473 and listen to our recorded message for updates. Leave a message and we'll return your call.
2. **EMAIL ALERTS:** We encourage you to sign up for email alerts. This service will allow you to keep up to date with all changes and cancellations. Just follow these instructions: Go to [www.coonrapidsmn.gov](http://www.coonrapidsmn.gov) Scroll down to the bottom of the home page. Click 'Notify Me' under the "Stay Connected" column. Enter your email address in the empty box and click the "Sign In" button. Scroll down and click the envelope icon next to "Senior Center Activities". A green check mark will appear. Sign up for as many lists as you like. ONE MORE STEP! Open your email inbox and look for a message from Notify Me. You MUST confirm your account before you will receive any messages.



11155 Robinson Drive  
Coon Rapids, MN 55433-3761

ADDRESS SERVICE REQUESTED

## **COON RAPIDS SENIOR SERVICES**

**PHONE: (763) 767-6473**

**ACTIVITIES FOR SENIORS AGE 55+**

**PROGRAM SPECIALIST—KRIS NIEBLER (763) 767-6473**

**PROGRAM ASSISTANT—CINDY OLSON (763) 767-6473**

**RECREATION SUPERVISOR—RYAN GUNDERSON (763) 767-6513**

**FACILITY RENTAL—LORI ANDERSON (763) 767-6522**

*Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.*

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### **WE'RE HERE TO HELP!**

Would you like someone to call you every few days to check on you or just to chat? Let us know! Do you need to be connected to grocery shopping, counseling, or other resources? We can help! We're working from home and are unable to answer our phone...so... just leave a message and we'll call you back! The Senior Center phone number is 763-767-6473. We'll get through this together!

