

Published by Alexandria Senior Center, a non-profit 501c3 serving older adults since 1984.

414 Hawthorne Street
Alexandria, MN 56308
320-762-2087
www.alexsrctr.org

VOLUNTEER SPOTLIGHT



Carole Barlage

By Toni Tebben

Carole is a willing volunteer; anytime she is asked to assist at the center, she is there. She has helped with different administrative jobs: sorting and stuffing envelopes, she is a ticket taker, a raffle ticket seller, and has been a greeter at events. Carole served on the Board of Directors for a three-year term. She loved being on the board and helping to make decisions to help guide the center. She is also on the board of New Horizons at Anderson's Funeral Home.

She grew up in Brownton, MN, graduating in 1957. Her parents owned the Lake Marion Ballroom where she developed her work ethic at the age of 10 when she started helping in the ballroom. She attended nurses training in St. Cloud and ended up working at Mayo for 17 years in the GI department. She took care of many important and influential people during her tenure, including King Hussein of Jordan. She mentioned that he brought a whole entourage of staff including his personal chef. She stated that Mayo

Barlage continued on page 7



ALEXANDRIA SENIOR CENTER

Healthy, Active Living

April 2024
VOL. 48, NO 4

News

UPCOMING EVENTS

Mark your calendar for 2 Sunday Music Series Events in April!




Kevin Pearson, Barb Madison,
and Kevin Klimek

April 7: Kevin Klimek & the Sideliners from 2-4 pm

Kevin Klimek and the Sideliners, this popular band performs across the Midwest! With over 700 songs in their arsenal, they offer a variety of music to dance and listen to. Kevin has shared stages with artists such as Buck Owens, Bill Haley's Comets, Aaron Tippin and more. Snacks available. \$5 donation is suggested.

Get ready for our first

Fix-it Clinic




April 18 from 12-4 pm

We all have items that don't work quite as well as we'd like them to: lamps with loose switches, dulling knives, jewelry that needs a new clasp or maybe a bit of help with a button. Keep items out of the landfill, save money and get your items repaired at our Fix It Clinic.

Our Fix-It team will do their best to fix small appliances, jewelry, watches, and more. This pilot project is funded by a grant from Horizon Public Health. See page 5 to meet the Fix It Team.

April 21
Sunday Music Sponsor



HORIZON
Public Health
Prevent. Promote. Protect.



Hayden Wallace, Shari Rolin, Tom Sellin,
and Marisa Rousu

April 21: Sellin Music 2-4 pm

This unique family group uses great vocal harmony accompanied by 12 string guitars, and an occasional mandolin, ukulele, harmonica or keyboard. Songs include a mix of modern and classic country, folk, pop, and country gospel. "We don't mind at all if you sing along, in fact we love it!" Join us!

Annual Spring Luncheon!



Join us on **April 20th** for our 'Spring Garden Party'. This is a fundraiser for the Alexandria Senior Center featuring Robin Trott, U of MN Extension Director and Master Gardener as our speaker. We will have a fabulous lunch prepared by chef Janet Baker, a silent auction and door prizes. Tickets are \$25. Doors will open at 11 am to get the silent auction bids going. Please get your tickets at the Center between 9:30 am and 3pm.

MESSAGE from SHELLI-KAE, Executive Director



Shelli-Kae pictured with Rich Duncan (left) and Rich Moen (right) who serve on the REA Operation Round Up Trust Board.

Plans are underway for our big 40th Anniversary party called “Celebrating our Seniors.” The outdoor street dance and party is set for August 25, 2024 from 3–7 pm. A big Thank You to Sanford Health and Knute Nelson for being our major sponsors (\$2,500), Cenex Foundation (\$1,000) and REA Operation Round-Up and Alomere (\$500). Elden’s is donating a pallet of water and Walmart is making our cakes! I will share more details as we get closer to the event, but I wanted to keep you posted on our progress and to encourage you to save the date!

Take the Earth Day Challenge with me. I’ve done a bit of a “trash audit” and discovered approx. 80% of our trash is paper coffee cups! I’m encouraging everyone to bring their own coffee thermos or mug to the Center. This small effort will 1) reduce the amount of plastic bags needed as garbage liners, 2) reduce the cost of purchasing paper coffee cups, and 3) reduce the labor to bring out the trash. Thank you!

PIE & COFFEE

Information Series Part 1
2nd Thursday of each month-1 p.m.

Pie sponsored by



April 11: Senior Companion Program

Join Marci Hjelm to learn about “The Senior Companion” program. This unique program places volunteers into the homes of our seniors to do activities and tasks. The idea of the program is to do activities/tasks WITH your client, not FOR your client, like “what a friend would do with a friend.”



Marci Hjelm

This program is for those that are seeking a companion and for those interested in becoming a senior companion volunteer. Register at 762-2087 so we know how much pie to plan for.

PIE & COFFEE

Information Series Part 2
4th Thursday of each month-1 p.m.

Pie sponsored by **SANFORD HEALTH**

April 25: Nutrition + Wellness



Join sisters Anna Martinson and Christa Johnson, who combined their backgrounds and passions to create “EAT Nutrition & Wellness.”

Learn how to achieve blood sugar balance through a whole-food diet and habit-changing strategies. Find out about tips to balance your blood sugar and find out why it is so important to your health. They will share a “five-day challenge” for a jump start to have lasting health. Join us! Call the Center by April 23 so we know how many treats to order.

FOOT CLINIC

Wed, April 10
8:30 am–noon

Fri, April 19
9:30 am–3:30 pm

Wed, May 8
8:30 am–noon

Fri, May 3
9:30 am–2:30 pm

Call the Center at 320-762-2087 to schedule your appointment. Fee is \$25, made payable to the nurse. If you must cancel, please let us know.

Driver Safety Discount Classes



Minnesota Highway Safety & Research Center is holding classes at the Center for the 55+ Driver Discount Program. To register, call 888-234-1294 or 320-308-1400. Classes are held at the Center.

4 hour Refresher Classes

Tuesday, April 9 12:30–4:30
Saturday, April 27 8:30–12:30



Dr. Deborah Ristvedt

320-762-2166 | VanceThompsonVision.com
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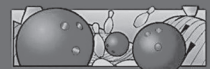


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— Spring is in the Air... —

Spring Luncheon Silent Auction Request

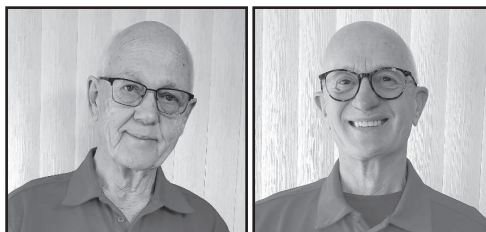
We are looking for creative donations for the Spring Luncheon silent auction. Items may be gift cards, gift baskets, crafts, wine, or anything unique you can come up with. Bring items to the Center by **April 15**, noting it is for the silent auction. Thank you!

AARP Driver Safety—Discount Classes



Tues, May 7 8:30 am–12:30 pm	Wed, May 15 5 pm–9 pm
Tues, May 28 5 pm–9 pm	Thurs, May 30 5 pm–9 pm

Dick Telander and Al Lund will be your instructors for AARP's Driver Safety Discount classes at the Center. Participants will reduce your insurance by 10%. Call the Center to sign-up at 762-2087. Pay \$25 (AARP members) or \$30 (non-AARP members) at the time of class.



Dick Telander

Al Lund

Spring Garage Sale

May 17 from 7 am—5 pm

By Carol Strong

Spring prompts many of us to refresh our spaces. If that is part of your plan, we have an opportunity for you! Our annual Garage Sale is scheduled for May 17.

We will be accepting items from May 13 thru 16. Items desired are collectibles, household items, tools, toys, wall décor, lamps, fishing gear, garden art, smaller furniture, new and gently used clean clothing, linens. Sorry, we are not accepting electronics or exercise equipment. We often receive rare and unusual items that may be reserved for our silent auction. Every item donated goes to benefit our Center's programs and services.

Plan on coming and joining the fun of setting up, helping with the sale, and packing up after the sale. Our terrific team of Garage Sale groupies are fun and welcome new helpers. Volunteers are asked to call our information desk at 762-2087 or stop by the Center to let us know how you'd like to be involved.

NOTE: Please hold your donations until the week of the sale. Thank you!

BIRTHDAY CLUB

Friday, April 12 at 1 o'clock

We invite all members, whether it's your birthday or not, to our April Birthday Party. Join us for live music, cake, ice cream, penny bingo, and more. Call by April 11 so we have enough cake for everyone! (Cake sponsored by ReHab Authority + volunteers)



SHARE A MEAL TOGETHER

Thursdays at 11:30 a.m.

Join us for a great meal and conversation each Thursday. Call Meals on Wheels at 762-4280 by Wednesday to reserve your meal. Suggested donation is \$4 for those 60 and over. For diners under 60 years of age, the cost is \$8. Note: Thursday main course is included on our calendar.

Volunteer Appreciation Luncheon

If you have volunteered at the Senior Center in any capacity please mark your calendar for **April 26th from 11:00 to 12:30**. We will be serving lunch along with a short program that includes honoring our volunteer of the year. The service that each of you provides allows us to plan programs, services and events to the seniors in Alexandria and the outlying areas. Please call the senior center or stop at the front desk to make your reservation by Friday, April 19th so we know how many to plan for. Thank you for all that you do and please join us on April 26th as we honor all of you.

TECH TIME

Video Calling

Want to learn how to use Zoom, FaceTime, SnapChat or other video chat services? This month we'll be taking a look at which app should you use, how to download it, and making a video call. Use these to chat with family and friends, see grandkids, or even join an online book club!



Date: Tuesday, April 9
Time: 1–2 p.m.
Register: Call 762-2087
Instructor: Luke Elliott
Douglas County Librarian

<p>RON'S WAREHOUSE SALES Hwy. 27 East, Box 454 Alexandria, MN 56308 320-763-5555</p>	<p>SANFORD HEALTH Alexandria Broadway Clinic: 320-762-0399 Alexandria Pharmacy: 320-762-6840 Parkers Prairie Clinic: 218-338-4371</p>	<p>Alexandria ECHO PRESS Your Community News Source www.echopress.com P.O. Box 549 1920 Turning Leaf Lane SW, Suite 12 Alexandria, MN 56308 320-763-3133</p>	<p>Call us for a free case consultation VELDEMOORE LIMITED ATTORNEYS AT LAW 1118 Broadway (320) 763-6561 Alexandria, MN 56308 Fax (320) 763-6564</p>
<p>ACE Hardware Downtown Alexandria The Helpful Hardware Folks</p>	<p>Anderson FUNERAL HOME AND CREMATORY ANDERSON'S ON BROADWAY ALEXANDRIA CREMATION SERVICE 320-763-5900 andersonfuneral.net</p>	<p>VIKING BANK 4277 Dakota St. Alexandria, MN 320-762-0236 www.VikingBankMN.com</p>	<p>SALES • SERVICE • INSTALLATION Alexandria Refrigeration COMMERCIAL REFRIGERATION AIR CONDITIONING ICE MACHINES STORE FIXTURES GREG SCHELLE 320-762-0585 1580 DEERWOOD DRIVE ALEXANDRIA, MN 56308</p>

— Connecting to Community —



Alexandria Public Schools

Community Education

Find opportunities for lifelong learning through Community Education! Here are a few of the variety of classes in April that may be of interest to you.

• **“A Practical Computer Class for Older Adults - Online”**

Sunday, Apr 7, 2:00-3:00 PM

This online Zoom class is simply and clearly taught by a seasoned instructor who has trained thousands of older adults. If you haven't used Zoom previously, he is also able to help you utilize this online tool.

• **“Succulent Bowls”**

Saturday, Apr 13, 10:00-11:30 AM

Enjoy a day at the Miltona Greenhouse learning about planting, care, and maintenance of succulent planters and plants. All participants will plant and bring home a 10-inch bowl or urn succulent planter.

• **“Handmade Collage Card Making”**

Saturday, Apr 20, 10:30 AM-12:30 PM

Artist Kathy Grundei will help inspire you in creating up to six handmade greeting cards to take home at the end of class. Bring your own collage papers from wrapping paper to old letters, postcards, tickets, maps, or wrappers.

Contact Alexandria Community Education at 320-762-3310 ext. 2 to register today!

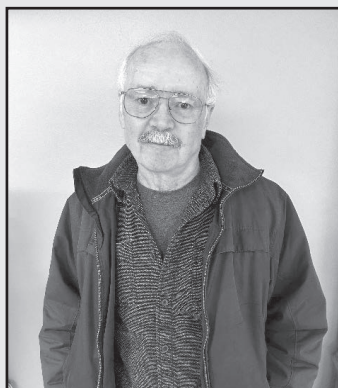


Thank You

Thank you to Wanda from First Lutheran Church for the special place mats



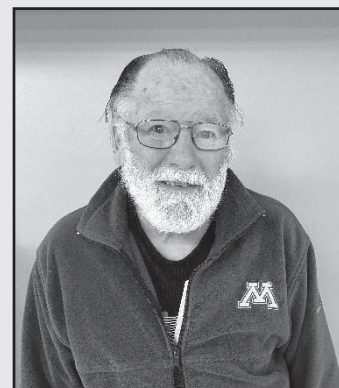
Michelle Wencil
- jewelry -



George Weatherwax
- anything -



Mark Morrisette
- general repairs -



Van Gooch
- electronics, watches -

Meet the Fix It Team – they will be available on Thursday, April 18 to help with small repairs. Give us a call at 762-2087 to register your item to be fixed. This will help us be prepared with tools, etc. If you don't register, you are still welcome to bring your item for repair. Note: no computers.



Barb Lorsung
- sewing & mending -



Don Semerad
- small appliances -



Ed Wetherill
- small furniture -

— Keeping you “in the know...” —

Severe Weather Awareness Week



By Julie Anderson, Douglas County Emergency Manager

Did you know this is the 22nd annual Severe Weather Awareness Week here in Minnesota? That’s a lot of years hearing about how to prepare for and recover from severe storms, floods, large grassfires, and heat. But each year we hope the messages help people stay safer. Severe Weather Awareness Week runs April 8-12. Each day you’ll see Facebook posts and hear and read news stories about a specific weather-related concern.

As Douglas County Emergency Manager, I would like to remind everyone to have trusted sources of information. For example, the National Weather Service issues watches and warnings through our county CodeRED system and through what are called Wireless Emergency Alerts. CodeRED can reach people on landlines, cellphones, and email accounts. People can sign up for these alerts on the county website www.douglascountymn.gov. The Wireless Emergency Alerts go to all cellphones in the impacted area and no sign up is required. The county can also use CodeRED and Wireless Emergency Alerts to send follow up information

regarding downed powerlines or road closures due to storm damage. We use the outdoor warning sirens for all tornado warnings and will sound them countywide this year.

On Thursday, April 11, the county will participate in the annual tornado drills. The sirens will sound at 1:45 p.m. and 6:45 p.m. This is an opportunity for schools, businesses, other organizations, and residents to practice their tornado warning response. Everyone is encouraged to go to their safe spot for at least a couple of minutes during one of those drills. We also ask people to use that day to refresh their emergency supply kits, update important papers, and review home and vehicle insurance policies.

Now is the time to get ready. And remember to take your purse or billfold with you to your safe place. We learned during the 2022 tornadoes that leaving it behind may mean lost identification and other items that will be very time consuming to replace. If you have any questions, please contact me at 320-304-7115 or juliea@co.douglas.mn.us. I will be hosting the Safety for Seniors event on May 18 from 9:30 – 11 at the Center, I hope to see you there.

Volunteer Opportunities

- Do you enjoy being in the kitchen? We are looking for individuals to become Food Safety Certified to assist with our special events.
- Do you like scrapbooking? History? We are looking for help to go through our historical information and put together a display for the 40 yr celebration.
- Boating Host - We are planning on organizing pontoon rides again starting in June with Let’s Go Fishing. We are looking for a host to assist with meeting people at the Center and guiding people to the landing.
- Book Club Host – we would like to start our book club again, if you would like to help out by being our host, we would appreciate it.



Thank You

Coffee Station Sponsor for April



Lorsung Art Studio

OPEN STUDIO, Thursdays, starting at 1:30 p.m.

Resident Artist Connie Gawthrop will be “in studio” during Mondays, Tuesdays and Thursdays from 1-3:30. Stop in and see what she is working on and what you might want to learn about.

<p>Elden's FRESH FOODS</p> <p>When Quality Counts, Count on Elden's! OPEN 7 DAYS A WEEK 6AM-10PM</p> <p>On the corner of 3rd & Nokomis, Alexandria • 763-3446</p> <p>Like Us On </p> <p>Full Service Grocery Store / Bakery / Deli</p>	<p>Trumm Home Medical</p> <p>Variety of Medical Supplies Ph 320-763-2575 Hours Monday-Friday 8:30-5</p>	<p>Tuesday Noon Bingo Lic#01110-01</p> <p>Elks Lodge #1685 115 Fifteenth Ave W Alexandria, MN 56308</p>	<p><i>Color Theory Painting Course</i> May 1st & May 8th</p> <p>Call to Sign Up 320-762-3310</p>
<p>BETHANY ON THE LAKE — Senior Living Redefined — 320-762-1567</p>	<p>State Farm Dwain Schuette Agent 1306 Broadway • Alexandria, MN Phone 320-763-3118 Fax 320-763-3757 dwain.schuette.b46m@statefarm.com</p>	<p>WEST CENTRAL SANITATION</p> <p>“Good Neighbors You’ve Come to Trust” (800) 246-7630 Proud to Serve the Alexandria Senior Center www.wcsanitation.com</p>	<p>Nationally Recognized, Regionally Preferred</p> <p>HEARTLAND ORTHOPEDIC SPECIALISTS A Service of ALOMERE HEALTH 320.762.1144 HeartlandOrthopedics.com</p>

Monthly Activities

Everyone is welcome to play!

- Billiards
- Bingo
- Bridge A, B, & C
- Beginner Bridge A
- Men's Bridge (Closed)
- Bunco A (Closed)
- Bunco B
- Competitive Bidding Bridge
- Craft Club
- Cribbage
- Hand & Foot
- Katy's Swing Band
- Mahjong
- Mexican Train (dominoes)
- Mission Quilters
- North Door Jam
- Pinochle A & B
- Rummikub
- Scrabble
- VIPs (Visually Impaired Persons)
- Whist A, B, and C

Call the Center (762-2087) to sign up. Check the calendar on page 5 for times. If interested in a game that is "closed", call the Center and leave your name and we will get you in when there is room.

Carpool Challenge!

Carpooling is a great way to save on gas and save on parking spaces. Grab a friend and carpool to the Center. Stop by the front desk and we will give you a special chip clip/magnet.

PRESIDENT'S MESSAGE

from Mary Nitti

April is national Volunteer Appreciation month. A time to recognize the efforts of those people who give of their time and talent to make a difference in the lives of so many people. Minnesota is noted for the generosity of individuals willing to volunteer and our senior center is a good example of how volunteer efforts help to make life better for the seniors in our area. We currently have more than 160 people who give of their time in a multitude of areas. Some volunteers staff our front desk providing a friendly and helpful first impression to our members and guest and others chair our variety of games. The board of directors consists of nine volunteers who are responsible for fulfilling our



Mary Nitti, board president

mission to provide social, educational, nutritional and informational services. We have volunteers who help with maintenance and with technological programs, maintain our library and gift shop, chair our fundraising events and a marketing committee who promotes our programs and activities. The volunteers I've mentioned are examples of how we can provide the activities that our members and guests enjoy every day. It is not possible, in an article this short, to mention all the ways you, our volunteers, help us fulfill our mission. On behalf of the Board of Directors, I want to let you know that we appreciate all that you do and to thank each one of you. You do make a difference!

MARK YOUR CALENDARS

- April 7** Kevin Klimek & The Sideliners 2-4 pm
- April 18** Fix-It Clinic, 12-4 pm
- April 20** Spring Garden Luncheon, 11:30-1:30
- April 21** Sellin Music 2-4 pm
- May 17** Garage Sale, 7 am-5 pm
- May 18** Safety for Seniors 9:30-11 am w/DC Emergency Management
- June 13-15** Art deTour at ASC
- June 20** Senior Expo (TRIAD)
- June 23** Senior Day at Brophy Park – proceeds go to ASC

Barlage from page 1

was a great place to work, loving the people she worked with.

Her family includes six children, four daughters and two sons, eleven grandchildren and ten great-grandchildren, with several living in the area. Carole and her husband retired in 2014, and then traveled the US coast to coast for three months. They moved to Alexandria in 2020, building a new house on the Long Prairie River. Her favorite trip was spending a month in Alaska in a pickup camper, while traveling over 8000 miles. She loves to spend time with people, play cards and fish.

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