



SARTELL CONNECTIONS

Volume 2 Number 1

September/October 2011

JAN'S JOTTINGS

Welcome to the *Sartell Connection*. This month I want to celebrate the link that Sartell Senior Connection (SSC) has with organizations throughout the community.



Jan Sorell

The first and most obvious is the connection with Sartell-St. Stephen Community Education and the School District which provides a Center for SSC activities and events - a cozy and inviting place to meet and to call our own. **Ann Doyscher-Domres** and Community Education provide services vital to SSC. **Supt. Joe Hill** has attended SSC Board meetings and expressed appreciation for our support of the schools.

SSC is connected in many ways to the City of Sartell. The City provides funds to Community Education for SSC. **Mayor Joe Perske**, City Council members, and City Staff have shown support as SSC has grown to become an integral part of the community. City Planning Assistant **Therese Haffner** provides several services to SSC including an up-to-date presence on the City website.

Gail Rucks and Country Manor Apartments connect with SSC by providing a meeting space, cinnamon rolls and coffee for our weekly *Coffee & Conversation* as well as planning and hosting other activities.

We have a special connection with Whitney Senior Center which provided valuable support to get SSC up and running. We welcome their new director, **Laura Hood!**

And we enjoy connections with many others: Sartell Newsleader, Sartell Police Department, St. Francis Xavier Church, Celebration Church, and the list goes on . . . Thank you to all who support the Sartell Senior Connection.

COMMUNITY EDUCATION

The Sartell Senior Connection and Sartell-St. Stephen Community Education have had a special partnership since SSC began in 2007. As the programs and activities continue to grow, we will continue to work together.



Ann Doyscher-Domres

The fall offerings through Community Education include interesting opportunities for the Boomers and Seniors:

A new group discussion class on how to set boundaries with adult children

A partnership with the AmericInn to offer 55+ open swim on Tuesdays

A group to learn about living with chronic conditions like diabetes or high blood pressure

AARP Safe Driving classes including the initial eight hour class and the four hour refresher. (These classes do qualify for a premium discount with most auto insurers.)

For full descriptions of these classes and to view a complete listing of our fall offerings go to www.sartellststephencommunityed.com or refer to your Community Education catalog.

PLEASE NOTE: The Sartell Middle School will also be open on regular school days from 5-9pm for walking as the weather changes.



As always, if you have questions or ideas for Community Education please call our office at 253-4036 or stop by and visit us in our office at 212 3rd Ave N, Sartell



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COFFEE & CONVERSATION

Join us every Thursday morning 9:00–10:00AM at the Garden Cove of Country Manor Apartments, Enter East Door 2. Hear excellent speakers; enjoy lively conversation, delicious breakfast rolls and coffee. Come and bring a friend.



September 1 – Cy Schaefer – Local historian and collector, will speak and show his collection of local artifacts, many of which were found by means of a metal detector. Cy has discovered hundreds of unique object, including early coins found throughout the St. Cloud area. His collection reveals “History with the dirt still on it.”

September 8 – Bob Sis – Bob knew Sam Pandolfo. In fact, Pandolfo asked Bob to work for him. Bob will tell us the Pandolfo story as he experienced it. We’ve read recently that the remains of Sam Pandolfo are being moved from where he died in Alaska to St. Cloud as was his wish. Sis has been part of the group which has made that happen.

September 15 – Eric Felsch, Psychologist, CentraCare Sleep Center will discuss sleep and the effects that different levels of sleep have on our bodies.

September 22 – Gary Bechtold, from St. Cloud, will share his experiences as contestant and winner on the popular TV show JEOPARDY.

September 29 – Jim Godda, Pharmacist at Country Store will talk about Seniors and their Meds and supplements

October 6 – Bill Morgan - will talk about orphans who arrived in Stearns County from New York City around the turn of the 20th Century on the so-called **Orphan Trains**. Some of the history will be about conditions in

New York that resulted in the need to find a better life for kids who were without parents or without a parent to care for them. On Oct. 1, he will be in Little Falls for the annual meeting of Orphan Train survivors and their descendants.



October 13 – Conversation Day - Jim Wasdyke will share original music – we will have some singing fun. In addition we will have open topics for discussion.

October 20 – To be announced.

October 27 – Rita Reker, mother of two daughters who were murdered in 1974, a crime which is still unsolved, will share memories. She will also discuss the work of Crime Stoppers and the group Parents of Murdered Children

SECOND TUESDAYS for SENIORS

September 13-The Life and Times of WJON
Bob Hughes, Program Director & Morning host & Jim Maurice, News Director, WJON. We will see & discuss *The Life and Times of WJON*, which was prepared for WJON’s 50th anniversary.



October 11 - Dr. Bernard Evans will share insight regarding why Jews, Muslims and Christians, all tracing back to Abraham, are so afraid of one another. Evans is a theologian who teaches World Religions at St. John’s University.

November 8 - Jim Muellenbach "How I Lost 100 Pounds without Dieting, Surgery, Will-Power or High Priced Food"

December 13 - St. Cloud Area Fun Singers at Celebration Lutheran Church

All events take place at the Sartell Senior Connection Center, 212 - 3rd Ave N Sartell unless otherwise noted.



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CREATIVITY and CARDS

For nearly a year, the Sartell Senior Connection Card Recycling Group has been working on various projects such as all occasion greeting cards, decorated gift bags and boxes, woven bookmarks, etc. In addition to building up the inventory of items to sell at the center, we have a *great* time socializing, learning new paper skills and making friendships.

The group will meet in the SSC Center (212 3rd Ave. No.) on the second and fourth Wednesday of each month, 1:00-3:00PM. Please note that the *meeting time has been changed from morning to afternoon.*



Thank you to everyone who donated greeting cards, card stock, ribbon, and a great variety of supplies.

We hope that you will consider joining us! Here is the tentative meeting schedule for the 2nd & 4th Wednesdays in September & October.

- Sept. 14th @ 1:00
Co-Hosts Bev Zenzen & Judy Rogers
Project: To be announced
- Sept. 28th @ 100
Hostess: Judy Morgan
Project: Hospitality hostess tags
- Oct. 12th @ 1:00
Hostess: JoAnn Olson
Project: Fall greeting cards
(Halloween/Thanksgiving)
- Oct. 26th @ 1:00
Hostess: Lynn Beckenbach
Project: Imprint project (cards or bags)
from clay cotton presses

Please email me jumorgan@charter.net, or call (320) 253-6412 with your questions.

By Judy Morgan

FROM the DESK of JOE HILL

Sartell-St. Stephen Superintendent of Schools

The Sartell-St. Stephen School District has a community that is passionate about education. We are committed to serving all of our populations, from our youngest to oldest.

The year ahead for our school district will be marked with deeper alignment of predictable systems, structures and programs. Our Vision of Excellence 2015 will be our driver for "next level" improvements and I look forward to regularly reporting out and celebrating district performance measures.

One of the areas of focus is Community Engagement. We are dedicated to the involvement of, and being responsive to, community needs. One of the touchstones within this area is to embrace intergenerational learning opportunities.

The Senior Connection has been a great resource to the district and the community as a whole. We have a strong commitment of support to this group and will continue to connect and support this initiative. As a district, we place great importance on intergenerational connections within our communities. We also value the involvement of seniors at the advisory table in our future planning and district direction.

I always enjoy meeting with the seniors of our community; a group of passionate, involved and supportive individuals who provide ideas and guidance. As a member of our community, I take great pride in where we have come from, who we are, and where we are growing. It is indeed a privilege to serve a community that values education and serves as a united front to see our mission and vision of excellence continue.



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LIFELONG LEARNING DRIVING

(Register with Community Ed. 253-4036)

AARP Safe Driving 4 Hour Refresher

Instructor: Dick Gustafson \$20.00
Sartell Senior Connection Center, Room 113
Wednesday, September 28 5:30 -9:30 PM
or Thursday, November 10 1:00-5:00 PM

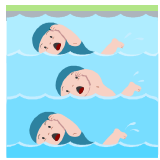
AARP Safe Driving Initial 8 Hour Course

Instructor: Dick Gustafson \$20.00
Sartell Senior Connection Center, Room 113
Weds., Oct. 26 & Thurs., Oct.27, 5:30-9:30 PM

(Register with Community Ed. 253-4036)

SWIMMING

Community Education, the Sartell Senior Connection and the AmericInn Sartell have joined to offer 55+ open swim each Tuesday, September 20 through December 13th, at the AmericInn Hotel in Sartell. (This is adult swim time, please no children.) Swim at your own risk, no lifeguard on duty.



\$7-one time fee at Comm. Ed. Office 253-4036

GETTING BACK TO BETTER

Put Life Back in Your Life!

Sign-up for a "Living Well with Chronic Conditions" workshop offered by Catholic Charities. It's designed for adults who want to take charge of their ongoing health problems and get relief from their pain, fatigue, and other symptoms.

A six-week workshop will be offered at Sartell-St. Stephen Community Ed. – Room 113, 212 Third Avenue North, Sartell starting September 20 Tuesday mornings, 9:00–11:30AM.

To register, call Ann/Kathy at Sartell/St. Stephen Community Education 320- 253-4036 or Mary Simpler at 320-229-4591.

SETTING BOUNDARIES WITH ADULT CHILDREN

Offered by: Sartell-St. Stephen Community Education -- Sartell Senior Connection and Catholic Charities

An 8 week discussion / support group facilitated by Lois Rengel, Life Transitions Coordinator of Caritas Family Services, Catholic Charities, that will touch on the challenges of loving AND letting go of our adult children and leaving our children with **positive moral, spiritual, emotional and financial** legacies.

The discussions will be based on the books: *Setting Boundaries with Your Adult Children* by Allison Bottke and *How to Really Love Your Adult Child* by Gary Chapman PhD.

10:00-11:30AM Monday, Sept. 19 to Nov. 7.
Sartell-St. Stephen Community Education – Room 113, 212 Third Avenue North, Sartell.
Registration is required 253 4036.

Cost: \$5.00 (Donations accepted)

FIRE DEPARTMENT ANNUAL OPEN HOUSE!

Thursday, October 13, 2011

You are Invited!

The Sartell-LeSauk Fire Department hosts their annual Open House during Fire Prevention Week. All of the department's trucks and gear will be on display and the Sartell Police Department and Gold Cross Ambulance Service will also take part in the event. Children will learn fire safety.



Sartell-LeSauk Fire Department's Open House
Thursday, October 13, 2011

4:30-7:30 PM at Sartell-LeSauk Fire Hall on
2nd St. S & 4th Ave. S., Sartell



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TRIVIA

Come join us!! What you don't know and what you might know, can be kind of fun ... Our main objective is to have fun with a variety of categories from auto mechanics to cooking 101 to famous cowboys etc. There will be something for everyone - after all we are all experts at something.

Beginning October 7 and continuing on the first Friday of each month we will host a community trivia night. The *action* starts at 6:00PM at the Sartell Senior Connection Room in the District Office Building (old elementary school).

People will receive numbers and teams will be formed in this informal manner. There will be 3 rounds of play lasting about 15 minutes each with time in between for snacks and socializing. The cost will be \$5.00 which will be distributed to winning team members at the conclusion of each round of play. See you on Friday, October 7!

Trivia Action!



Where can you go fishing in Sartell?
Rotary Park on the Mississippi River!

THE DECADE REUNION

On July 23, Sartell welcomed home Alum from around the nation to help celebrate graduation from Sartell Elementary School from years 1950-1960+.



More than 185 graduates, family members and friends joined in the festivities held at the school. From dining in the school cafeteria, to looking at old school photos and memorabilia in the gym and senior center and gathering

for historic trolley rides, the graduates renewed friendships and relived the Sartell Elementary experience -- as adults. One graduate commented, "When we were there, everything looked so large - from the desks to the lockers. As adults, things look so little!"

Many "Thanks" go to the volunteers from the Sartell Senior Connection, Councilman Steve Hennes for being the coherent guide on the Trolley, the Sartell School District's employees who provided time and much effort in the building preparation, and the City of Sartell employees who assisted us in getting the Trolley and additional parking spaces.



Finally, THANKS MUCH, to all the classmates' representatives for finding most of the individuals in the graduate classes of 1950-1960, contacting them several times, and having fabulous events during the reunion. The information about this reunion will be saved and provided for any future gatherings.

Bonnie Friske



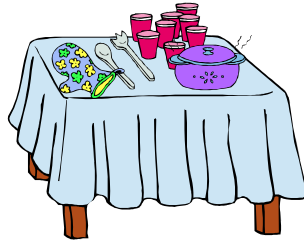
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FIRST DAY OF AUTUMN POT LUCK

The Sartell Senior Connection hosts seasonal pot lucks which have been a great hit. We invite all to come to our *First Day of Autumn Pot Luck* on Friday, September 23 at 12:00 noon.



Our Pot Luck's are a fun get together and a great way to meet old friends, new folks and enjoy some yummy recipes. Bring a dish to share. Everything is good! We hope to see you at the Sartell Senior Center for our pot luck. Please call Gerri Boser 320-260-4817 if you have any questions.

HOW TO CONNECT

www.sartellm.com/seniorcitizens.htm

www.sartellststephencommunityed.com

SARTELL SENIOR CONNECTION

212 3rd Ave. N., Sartell, MN 56377

Email: jsorell@charter.net

Chair: Jan Sorell (320) 252-2930

Sartell-St. Stephen Community Ed.

Ann Doyscher-Domres, Comm. Ed.

Community Education

212 3rd Ave N

Sartell, MN 56377

253-4036 doyscher-domres@sartell.k12.mn.us

Sartell Senior Connection

Board Members – See Back Page.

SARTELL SENIOR CONNECTION





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SEPTEMBER 2011

- 1 9:00 am Coffee & Conversation/CM Apts
1:00 pm 500 Cards
2:00 pm Monday Poker
2:00 pm Sing-a-Long/CM Apts
- 2 9:00 am Music Practice

- 5 1:00 pm Bridge/Country Manor Apts
- 6 12:00 noon Lunch & Farkle/CM Apts
- 7 8:00 am Wednesday Crafters
- 8 9:00 am Coffee & Conversation/CM Apts
- 9 9:00 am Music practice

- 12 1:00 pm Bridge/Country Manor Apts
2:00 Monday Poker
- 13 12:00 noon Lunch & Farkle/CM Apts
2:00 pm Second Tuesday for Seniors
- 14 8:00 Wednesday Crafters
1:00 pm Recycled Creations
- 15 Coffee & Conversation/CM Apts
- 16 9:00 am Music Practice

- 19 10:00 am Setting Boundaries
1:00 pm Bridge/CM Apts
- 20 9:00 Getting Back to Better
12:00 noon Lunch & Farkle/CM Apts
- 21 8:00 am Wednesday Crafters
9:00 am SALT/Sartell Police Dept
- 22 9:00 am Coffee & Conversation/CM Apts
- 23 9:00 am Music Practice
12:00 pm First Day of Autumn Pot Luck

- 26 10:00 am Setting Boundaries
1:00 pm Bridge/CM Apts
- 27 12:00 noon Lunch & Farkle/CM Apts
6:00 pm Sing-a-long/Legends at Heritage Pl
- 28 8:00 am Wednesday Crafters
1:00 pm Recycled Creations
5:30 -9:30 PM AARP Safe Driving Course
- 29 9:00 am Coffee & Conversation/CM Apts
- 30 9:00 am Music Practice

All events at the SSC Center unless otherwise noted.

OCTOBER 2011

- 3 10:00 am Setting Boundaries
1:00 pm Bridge/CM Apts
- 4 12:00 Noon Lunch & Farkle/CM Apts
- 5 8:00 am Wednesday Crafters
- 6 9:00 am Coffee & Conversation/CM Apts
- 7 9:00 am Music Practice
6:00 pm Trivia Night

- 10 10:00 am Setting Boundaries
1:00 pm Bridge/CM Apts
2:00 Monday Poker
- 11 12:00 Noon Lunch & Farkle/CM Apts
Second Tuesday for Seniors
- 12 8:00 am Wednesday Crafters
1:00 Recycled Creations
- 13 9:00 am Coffee & Conversation/CM Apts
4:30-7:30PM Fire Dept. Open House
- 14 Music Practice

- 17 10:00 am Setting Boundaries
1:00 pm Bridge/CM Apts
- 18 12:00 Noon Lunch & Farkle/CM Apts
- 19 8:00 am Wednesday Crafters
9:00 am SALT/ Sartell Police Dept
- 20 9:00 am Coffee & Conversation/CM Apts
- 21 9:00 am Music Practice

- 24 10:00 am Setting Boundaries
1:00 pm Bridge/CM Apts
- 25 12:00 Noon Lunch & Farkle/CM Apts
6:00 pm Sing-a-Long/Legends at Heritage Pl
- 26 8:00 am Wednesday Crafters
1:00 Recycled Creations
5:30-9:30 PM AARP Safe Driving
- 27 9:00 am Coffee & Conversation/CM Apts
5:30-9:30 PM AARP Safe Driving
- 28 9:00 am Music Practice

SARTELL SENIOR CONNECTION

212 3rd Ave. N., Sartell, MN 56377

Sartell– St. Stephen Ind. District 748
212 3rd Ave N
Sartell, MN 56377

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Sartell, MN
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ADDRESS SERVICE REQUESTED

ECRWSS

SARTELL SENIOR CENTER - COMMUNITY LIBRARY

212 3rd Avenue North
Sartell, MN 56377

Hours: Monday through Friday 9:00 am to 4:00 pm

- Come enjoy our Community Library with over 1000 books.
(currently no children books)
- Take books and return them at your convenience. - Book donations also accepted.
- Beautiful recycled cards, bookmarks, gift bags also for sale.
- Enjoy a cup of coffee, browse, read, visit!



SARTELL SENIOR CONNECTION BOARD

Gerri Boser- 260-4817

Virgil Dreher- 656-8832

Wendy Hennes– 253-1926

Judy Morgan- 253-6412

Jim Wasdyke

Pat Casey- 217-5445

Lint Edgerly- 529-9729

Pat McNeal– 253-0229

Myron Umerski- 251-6913

Chair, Jan Sorell- 252-2930/ jsorell@charter.net

Community Organizations Representatives:

Ann Doyscher-Domres, Sartell– St. Stephen Community Education 253-4036

Gail Rucks, Country Manor Apartments– 253-8450

Therese Haffner, City of Sartell– 258-7316

Please contact any of above people with your good ideas and suggestions.