

## ABOUT HI-LITES

The Vadnais Heights HI-LITES is a newsletter for senior citizens sponsored by The City of Vadnais Heights. HI-LITES is published monthly, except for a combined November/December issue.

Vadnais Heights Senior Citizens meet at Christ the Servant Lutheran Church located at 3676 Centerville Road, for all events unless otherwise specified.

## CONTACT US

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800 East County Road E  
Vadnais Heights, MN 55127  
651-204-6000  
cityvadnaisheights.com



**Senior Coordinator**  
Josephine Christensen  
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*Additional programs, resources, and services offered through the White Bear Area Senior Program at:  
651-653-3121 or [www.WhiteBearSeniorProgram.org](http://www.WhiteBearSeniorProgram.org)*

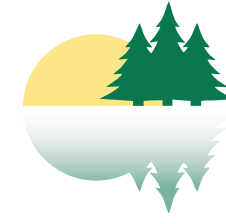


**The City of Vadnais Heights**  
800 East County Road E  
Vadnais Heights, MN 55127

*Address Block*

Vadnais Heights Hi-Lites  
Newsletter Inside  
*New look for the new  
year!*

JANUARY 2021



# Vadnais HI-LITES

## SENIOR ACTIVITIES NEWSLETTER

### ***Vadnais Heights Community Food Program***

The third Saturday of every month at 655 East County Road F (north end of the Vadnais Heights Commons). The program is operated by the Vadnais Heights Lions Club. Due to COVID-19, households at or below 300% of the weekly Federal Poverty Level are eligible to receive Emergency Food Assistance.

Shelf stable food donations can be dropped off at City Hall, 8:00 - 4:30, Monday-Friday.

**Food distribution is Saturday, January 16,  
9:00 - 10:00 am.**


For more information about the program, visit [www.cityvadnaisheights.com/foodshelf](http://www.cityvadnaisheights.com/foodshelf) or contact Bob Leibel at 651-746-4158 between 9:00 am and 5:00 pm.

### ***Puzzle Exchange***

Have you already done all of your jigsaw puzzles? Stop in to City Hall to make a swap! Take a puzzle, leave a puzzle (if you have one) or both! All are welcome! For a curbside exchange, call City Hall at 651-204-6000 and staff will bring some options to your car.



### ***Council Meetings***

 Tuesday, January 5  
Tuesday, January 19  
7:00 pm @ City Hall

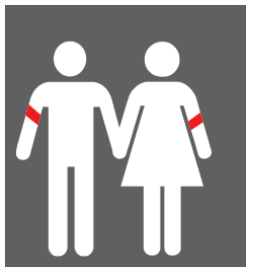
Watch live on local cable Channel 16.  
Stream live or watch later on our website:  
[cityvadnaisheights.com](http://cityvadnaisheights.com).

### **Vadnais Heights City Council Members**

Heidi Gunderson, Mayor  
Erik Goebel, Council Member  
Steve Rogers, Council Member  
Greg Urban, Council Member  
Patricia Youker, Council Member  
*Contact information for each member available at our website, or call City Hall.*

### ***Red Cross Blood Drive – Vadnais Heights Commons***

The pandemic has stretched all of our resources - including blood donations. The needs for donors and volunteers are at critical levels. Sign up to donate at [www.redcrossblood.org](http://www.redcrossblood.org).



Volunteers needed for donor check-in; contact Katie Everett for more information at [katie.everett@cityvadnaisheights.com](mailto:katie.everett@cityvadnaisheights.com) or call 651-204-6060.

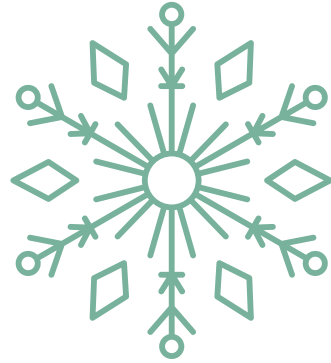
Tuesday, January 12, 12:00 - 6:00 pm  
Wednesday, March 10, 12:00 - 6:00 pm



### St. Paul Winter Carnival

January 28 – February 7, 2021. It's the "Coolest Celebration on Earth" since 1886. Check out this year's drive-thru sculpture park event!

Be cool & join in the fun!  
www.wintercarnival.com



### COVID-19 Vaccine Information

Information on the COVID-19 vaccine is quickly changing. The first doses of COVID-19 vaccine will be given to people working in health care settings who could get COVID-19 at work; and people who live in long-term care facilities, like nursing homes. Other groups that will likely receive early vaccinations include emergency first responders, essential workers, adults with high-risk medical conditions and adults 65 years of age or older.

Ramsey County residents are encouraged to check the Ramsey County website for updated information. Seek out information from reliable medical or health professionals and government agencies:

#### Ramsey County

www.ramseycounty.us/covid

#### Minnesota Department of Health (MDH)

health.state.mn.us/disease/coronavirus

#### Center for Disease Control and Prevention (CDC)

www.cdc.gov/coronavirus

### 9 Uses for Hydrogen Peroxide

Hydrogen peroxide is as harmless as it is powerful, and it's so much more than just a household cleaner. It is nontoxic, safe, really cheap and available at any drug store. Here are 9 uses for 3% dilution of hydrogen peroxide:

- 1) **Make a vegetable wash.** Add 3/4 cup to a sink of cold water. Rinse fruits and vegetables thoroughly with cool water.
- 2) **Clean your dishwasher.** Add 1/4 cup before you close the door to run an empty cycle.
- 3) **Disinfect shopping bags.** If you don't have time to launder your reusable shopping bags, spray them inside and out with hydrogen peroxide.
- 4) **Remove blood stains.** Saturate soiled towels or clothes with hydrogen peroxide and allow to sit for a few minutes before rinsing with water and laundering as usual.
- 5) **Whiten laundry.** Add 1 cup to a load of white laundry without using chlorine bleach.
- 6) **Scour cookware.** Sprinkle cookware with baking soda and spritz with hydrogen peroxide and soak for three hours before cleaning.
- 7) **De-stink towels.** Add 1/2 cup with 1/2 cup white vinegar to washing machine. Fill with hot water and regular detergent and allow to soak for 15 minutes before continuing the cycle as normal.
- 8) **Whiten teeth.** Mix with salt and baking soda to make a toothpaste.
- 9) **Deep clean a toilet.** Add 1/2 cup to your toilet bowl to kill germs and brighten the surface. Leave it in for 20 minutes to get the full benefit.

# Senior Resource NEWS

### Healthy New Year's Resolutions for Seniors

**Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.** Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious.

**Be active!** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity.



**See your provider regularly.** Schedule an annual wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.

**Guard against falls.** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls.

**Give your brain a workout.** The more you use your mind, the better it will work. Reading, puzzles and word games are good choices!



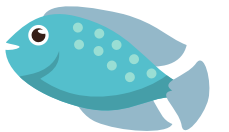
### Technology Help Available

With so much of what we do "going virtual," you may have some tech questions. The Cyber-Seniors organization can help! Call toll-free at **844-217-3057** or visit their website: **cyberseniors.org** to make an appointment to speak with someone or to watch informative videos.

### Silly Joke #1

Nan: What part of a fish weighs the most?

Fran: Its scales.



### Go Paperless!

Sign up to get the Hi-Lites Newsletter delivered directly to your email!

Go to:

**cityvadnaisheights.com/seniors**, then select Senior Hi-Lites to sign up, or call us at 651-204-6000 to add your email to our list!