

APRIL 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.

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


**Food distribution is Saturday, April 17
9:00 - 10:00 am.**

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

Neighbors Helping Neighbors Thrift Store

NHN is a yellow building located off of Spruce Place behind St. Stephen Lutheran Church, 1965 East County Road E, White Bear Lake. NHN is a community service open to the public, providing gently used and new clothing and accessories for men, women and children at a low cost. NHN is offering a \$5 Bag Sale. Last day of the sale is Thursday, April 1. Store Days and Hours: Tuesday, Wednesday, Thursday from 10 am - 4 pm, Saturday 10 am - 1 pm. On April 6, NHN will open with Spring/Summer fashions. Clothing donations of clean, gently used or new clothing will be accepted (up to two bags) after April 6.

Council Meetings

 Tuesday, March 2
Tuesday, March 16
7:00 pm @ City Hall

Watch live on local cable Channel 16.
Stream live or watch later on our website:
cityvadnaisheights.com.

Easter Eggs

If you are dying eggs for Easter Sunday, April 4, you may want to consider this. Eggs from chickens raised with “no hormones” are NOT worth any extra money. By law, chickens that produce eggs cannot be given hormones. Eggs with a “no hormones” claim on the package are no different from eggs that do not have that claim says Consumer Reports.

Print and decorate our #VHEggHunt egg or make your own! Put them up in a window that faces the street for neighbors to see. Print it at cityvadnaisheights.com/egghunt.



Food Truck Friday

Friday, April 23 at White Bear Senior Center, 2484 E. County Road F. Hours are 4:30 – 7:00 pm. Pierogi & Droolin' Moose are the menu choices. Indoor/outdoor seating, or bring a lawn chair. Please wear a mask and observe social distancing.



Who's on First?

It's Play Ball time for the Minnesota Twins on Thursday, April 8 with their home opener against the Seattle Mariners. We can only hope they are first when the season ends. "Who's on First?" is a comedy routine made famous by Abbott and Costello. The premise of the sketch is that Abbott is identifying the players on a baseball team for Costello by their nicknames. The sketch was first performed for a national radio audience (The Kate Smith Radio Hour) on March 24, 1938. Other team members are: 2nd Base – What, 3rd base - I don't know, Left field – Why, Center field – Because, Pitcher – Tomorrow, Catcher – Today, and Shortstop – I don't care!

Looking for a Vaccine?

The state recommends using its "Vaccine Connector" website at: mn.gov/covid19/vaccine or call the Minnesota Helpline at 1-800-657-3504 (Monday-Friday from 9 am to 4 pm) for general questions about Covid-19 and vaccines.



Exercise for People Over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight from your sides and hold them there as long as you can. Try to reach a full minute and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb bags.

Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a

full minute.

After you feel confident at that level, put a potato in each bag!

Federal Tax Deadline/AARP Tax Aide Service

The deadline for filing your Federal Tax Return has been extended to Monday, May 17, 2021.

AARP Tax Aide Service is available at South Shore Trinity Lutheran Church by appointment only.

Schedule an appointment at 651-998-9250 between 9:30 and 11:30 am Monday through Friday.

AARP Tax Aide Services at the Maplewood Library by APPOINTMENT ONLY. Call 651-689-3440 for dates, times and additional information.

Save the Date

Mark your calendars for the first ever Parking Lot Rummage Sale! Saturday, May 22, 10 am – 3 pm. Normandy Park Education Center, Senior Center parking Lot, 2484 E. County Road F, White Bear Lake. Call 651-653-3121 for more information.

It's In The Blood: Test predicts Alzheimer's

In what's being hailed as a "potential game-changer," a new blood test can detect Alzheimer's at least four years before symptoms begin. The test identifies two molecules in blood plasma and scientists found high levels of either molecule predicted the progression of the brain-robbing disease with an amazing 90 percent accuracy. Scientists at Lund University in Sweden who developed the blood test said it could be used on people who have mild cognitive symptoms to identify those who will progress to full-blown Alzheimer's.

Senior Resource NEWS

Customer Service Scams

It is important to be cautious when using online searches for product support or technical help. Many fake numbers can pop up in customer service searches for companies like Amazon, as well as for airlines, hotel chains and technical support for other major companies.

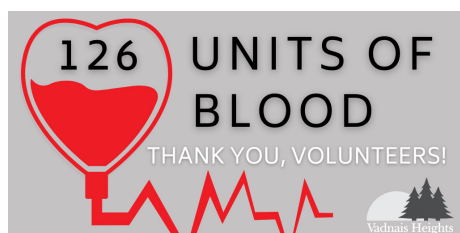
Here are five tips to follow for customer service searches:

1. Go directly to the company's website to find its customer service number.
2. Don't ask devices such as Alexa or Siri to find customer service information.
3. Check the URL for misspellings or other oddities.
4. Never agree to pay for a service that should be free.
5. Don't give anyone remote access to your computer.

Red Cross Blood Drive – Vadnais Heights Commons

Since November, our community has donated 126 units of blood through our Community Blood Drives. Your 1 donation can potentially save 3 lives.

Upcoming drive:



Wednesday, May 11, 12:00 - 6:00 pm

Sign up to donate at www.redcrossblood.org or call 1-800-RED-CROSS. Volunteers needed for donor check-in; contact Katie Everett for more information at katie.everett@cityvadnaisheights.com or call 651-204-6060.



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 #4

What did one colored egg say to the other?
Heard any good yolks lately?



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!

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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Vadnais Heights, MN 55127
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Senior Coordinator
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651-777-0618

*Additional programs, resources, and services offered through the White Bear Area Senior Program at:
651-653-3121 or www.WhiteBearSeniorProgram.org*



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

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VADNAIS HEIGHTS
HI-LITES
INSIDE!