GOOD TIDINGS TO YOU WHEREVER YOU GO
Seasons Greetings!

Warm wishes from The Magnet Senior Center Family
HISTORICAL EVENTS IN DECEMBER
Contributed by Amanda Gustafson, Minneapolis Central Library

A smattering of important, fun, and just plain interesting things that have happened historically in December.

1503: December 14 - French physician Nostradamus (1503-1566) was born in St. Remy, Provence, France (as Michel de Notredame). He wrote astrological predictions in rhymed quatrains, believed by many to foretell the future.

1773: December 16 - The Boston Tea Party occurred as colonial activists disguised as Mohawk Indians boarded British ships anchored in Boston Harbor and dumped 342 containers of expensive tea into the water.

1888: December 23 - Dutch painter Vincent van Gogh cut off his left ear during a fit of depression.

1911: December 14 - Norwegian explorer Roald Amundsen became the first person to reach the South Pole.

1932: December 27 - Radio City Music Hall opened in New York City.

1933: December 5 - 13 years of Alcohol Prohibition in the United States comes to an end.

1941: December 8 - A day after the Japanese attack on Pearl Harbor, the United States and Britain declared war on Japan.

1966: December 18 - Dr. Seuss’ book “How the Grinch Stole Christmas” is made into an animated television special and shown for the first time on CBS.

1982: December 2 - Barney B. Clark receives the world’s first artificial heart transplant.

2001: December 22 - The “Shoe Bomber”, a passenger on an American Airlines flight from Paris to Miami, tried to ignite explosives in his shoes.

"December, being the last month of the year, cannot help but make us think of what is to come." – Fennel Hudson
December Birthstone

Turquoise. Known as a healing and balancing stone, turquoise's lore and traditions go back thousands of years. The Aztecs believed it was sacred and made masks and other adornments for ceremonial purposes. Many spiritual and supernatural beliefs have followed this stone.

December Birth Flower

Narcissus. Narcissus takes its name from the mythological Greek figure, Narcissus, a handsome youth who was so vain that he became transfixed by the sight of his own reflection in a pool of water and stood gazing at himself until the gods eventually turned him into a flower. For that reason, narcissus flowers represent self-admiration, formality, and egotism.
The end of a year often comes with a mix of emotions. The holiday season has the capacity to bring us to our highest highs or our lowest lows. The quality of our relationships with our family and friends, our economic means, our health, and our expectations can end up dictating our emotional experience this time of year. The increasing darkness in our waking hours can mirror a return to darkness within for so many of us.

As if these routine, seasonal changes weren’t enough to challenge our fortitude and resilience we are also enduring greater depths of fear, grief, and loss as a result of this global pandemic. 2020 has shed much-needed light on intolerable realities and inequities that exist in our broader culture and systems within. This season calls for exceptional self-care so that we can heal from the inside out.

What exceptional self-care means to me may mean something different to you but I’ll offer my perspective as a starting point. For me, exceptional self-care looks like developing and maintaining regular but flexible routines, particularly in the morning and evening. It looks like balancing time for meaningful connection with friends and family, as well as intentional time for connection with myself through regular meditation, yoga, and creative activities. It also means giving myself permission to occasionally binge-watch Netflix on the weekends or mindlessly scroll my Instagram feed.

Staying on top of nutrition as best as you can, particularly Vitamin D, is essential, not only for a general physical, mental and emotional health but also for maintaining a strong immune system as the cold and flu season is upon us amidst this pandemic. Give yourself time, permission, and intention to take care of your body’s needs like you would take care of a beloved pet.

I recently learned from an acupuncturist that in Eastern medicine, there is no word for the mind-body connection like we have in Western culture because it is so implied that there is no need to define it. It would be like saying the wind and air are connected through “wind-air connection.” It doesn’t need to be defined because the connection so obviously is.

This season, I encourage you to commit yourself to exceptional self-care, as best as you can, as a way of tending to all of the inherent interconnections: mind-body, self-other, inner-outer. Seek support when you feel like you can’t do it alone.

When you take exceptional care of yourself, you’re taking exceptional care of everybody and everything and we will all come out on the other side stronger than before.

Learn more about Sherri at www.sherridunham.com
SELF-CARE CHECK-IN

A CHECKLIST FOR ISOLATION WELL-BEING.

- Have a nice shower/bath
- Take medication and vitamins
- Drink water
- Clean one thing/space
- Tend to something growing/living

BE MINDFULLY PRESENT TO...

- A sound or a song
- A sensory feeling
- A spiritual or non-spiritual practice

- Reach out to a human outside of your home
- Do one thing to get your heart rate up
- Get in at least one good laugh
- Do one thing just because you want to
It is the first week of Advent as I write this message for the December edition of THE MAGNET. For me, Advent is a time to prepare and a time of waiting. I am sure you, too, have traditions that bring predictability and familiarity. This year, our practices may take a different form with social distancing. Change can increase stress, and social isolation may present even more distress for you this holiday season.

Let’s talk about alcohol awareness and safe alcohol use this month. Understanding and knowing your risks when drinking alcohol will help you make the best choices this holiday season to carry over into the coming year too!

The effects of alcohol change as we get older—aging results in slower liver metabolism and slower filtration in the kidneys. Muscle mass is less with aging, while fat stores increase. This results in the brain and other vital organs being exposed to alcohol’s toxic effects for a more extended period. Risk of falls, forgetfulness, and insomnia increases while depression can worsen.

Alcohol can interact with your medications, causing you harm. Excess alcohol can increase the risk of some types of cancer, cause liver damage, or worsen some types of conditions like brittle bones, stroke, diabetes, memory, and balance problems.

**DID YOU KNOW?**

- Alcohol increases the risk of stomach problems or ulcers if you take daily aspirin.
- Cold and allergy medications combined with alcohol, can make you more sleepy.
- Over the counter, cough syrups and laxatives may contain alcohol.
- Tylenol, combined with alcohol, can increase liver damage.
- Alcohol, combined with sleeping pills, antianxiety meds, or narcotics, can be deadly.

**How much alcohol is safe?** This can vary depending on age, health, chronic health conditions, and your medication profile.

If you feel you may be drinking too much (greater than 2 per day or 7 drinks per week), you should contact your primary care provider to discuss further.

For more information, contact the Minnesota Department of Health, Department of Health and Human Services [https://DHS@state.mn.us](https://DHS@state.mn.us) or call 651-431-2460.

Cheers to your good health and warmest winter wishes,
Michelle Lavelle-Henry
Hello Magnet Film Club!

Here we are already in December, hopefully, you are ready to sample some more movie selections! Don’t forget to check out Minneapolis Central Library for some more films. The display this month will feature some old and new favorite selections with memorable quotes, including some holiday favorites.

HULU: The Nice Guys “In 1970s Los Angeles, down-on-his-luck private eye Holland March and hired enforcer Jackson Healy must work together to solve the case of a missing girl and the seemingly unrelated death of an adult film star. During their investigation, they uncover a shocking conspiracy that reaches up to the highest circles of power.” hclib.com 2016, rated R

NETFLIX: The Boy Who Harnessed the Wind “Against all odds, a thirteen-year-old boy in Malawi invents an unconventional way to save his family and village from famine.” imdb.com 2019, rated PG

AMAZON PRIME: A Streetcat Named Bob “Based on the international best-selling book. The true feel-good story of how James Bowen, a busker and recovering drug addict, had his life transformed when he met a stray ginger cat.” imdb.com 2016, not rated

PLUTO: Labor Day “Depressed single mom Adele and her son Henry offer a wounded, fearsome man a ride. As police search for the escaped convict, the mother and son gradually learn his true story as their options become increasingly limited.” imdb.com 2013, PG-13

YOUTUBE: Lessons from a Screenplay is a YouTube channel that analyzes movie scripts to examine exactly how and why they are so good at telling their stories. Videos are approximately 15 minutes in length.

Find Your Place in the Vaccine Line (New York Times Interactive)

This winter, there’s a magical world waiting for you at the Minnesota Zoo. Join us for Nature Illuminated: a one-of-a-kind drive-thru experience featuring stunning light work and larger-than-life animal art installations. View details at: mnzoo.org/natureilluminated/
If all had gone according to plan, at this point in 2020, there would have already been almost a year full of concerts, events, and celebrations marking the 250th anniversary of Ludwig van Beethoven’s birth. But like many of us this year, Beethoven has had his birthday plans canceled or postponed. The good news is there is still a month left to honor the towering genius of European classical music on our own, and, in fact, December happens to be his birth month. If you wonder where you can get books or recordings for the occasion, I hope it will come as no surprise to you that Hennepin County Library – Minneapolis Central has a lot to offer.

There are so many books, CDs, copies of printed music, and DVDs at the library about Beethoven or containing his work that you may want to use a couple of keywords when browsing the library catalog, [www.hclib.org](http://www.hclib.org). In the search box along with “Beethoven” add the type of music you are looking for, e.g. symphonies, sonatas, or string quartets; the instrument you want to hear, e.g. violin, piano, or cello; or the artist or conductor you are interested in, e.g. Herbert von Karajan, Osmo Vänskä, or James Ehnes.

If you are looking for a book try adding what type you prefer, e.g. biography, criticism, or score. You can limit your results by format by using the filter that will appear on your search-results page. While the areas these materials are kept at Minneapolis Central Library are currently closed to the public, most can be requested and sent to any library offering Grab and Go service.

With a library card and internet access, without setting foot in the library, you can also stream or download music using Freegal; read about Beethoven’s life, and work on Gale in Context: Biography; or stream documentaries or videos of concerts on Music Premium Online. To find and connect to these resources, on the Library home page, [www.hclib.org](http://www.hclib.org), click on “Browse” and choose “Online resources” on the menu that appears.

In a year of challenges let’s not miss this chance to celebrate Beethoven’s achievement by learning a little about his life or enjoying his music.
Childhood Toys: A Special Holiday History Talk ONLINE: Interactive Tuesday, Dec 15th, 10:30 - 11:30 am  FREE

Kate Roberts, Senior Exhibit Developer for the MN Historical Society, will take us down memory lane with a talk on toys from the ‘40s, 50’s and ‘60s. She will share stories and photos of some of each era’s most memorable playthings. There will be time during the presentation for questions and, of course, reminiscing. Co-sponsored by Longfellow-Seward Healthy Seniors, Holy Trinity Lutheran Church, and Minneapolis Community Education.

Register here  https://tce.me/huhsNx

MacPhail Music For Life: Registration for the Spring semester opens November 27, with classes beginning February 1

Registration for MacPhail’s "spring" semester of courses opens November 27, with classes beginning February 1. ALL programming will occur via zoom, but there are various options, including piano for beginners, taiko drumming (dementia-friendly!), virtual choirs (including choirs for people with dementia and their caregiver), and music history/music appreciation classes.

Visit  www.macphail.org/for-adults/macphail-music-for-life/  learn more and register or call 612-321-0100

Daybreaker Live: 'Tis the Season to Dance  Presented by AARP Featuring live performances by Dionne Warwick and The O’Jays! December 19, 10:00 am – 12:00 pm CST  FREE

Cue the ugly sweaters and tacky, wacky pants—“tis the season to dance. We’re coming together to ignite our senses in a Livestream wonderland of twinkling lights, and you’re invited. Dance virtually with friends across the country at this FREE, AARP sponsored morning dance event full of festive surprises.

Registration required. Join the party  HERE.
**Weekly MAGNET Gathering: December 16, 23, 30 10 am - 12 pm**

Pop in for a quick visit, or feel free to stay the whole time! Staff and friends of The Magnet will greet you. We hope to bring back some staples of The Magnet program such as 'Show & Tell,' 'History Discussion Club,' guest presenters, and more!


If you are joining us by phone, call (312) 626 6799. Enter the Meeting ID when prompted: 880 9516 9145. You will then be asked to press the pound button (#) to join.

**PLEASE NOTE:** We will continue to meet every Wednesday. January 2021, the link and telephone number to join us will change. Beginning January, we will have a 1-800-Number available, making it FREE to call from your landline phone. Look for further information with the new link and phone number to come your way, electronically or by mail.

**QUOTABLE:**

"Kill the time, or the time will kill you." - Sakhi C, Magnet Participant in response to how he is practicing self-care during the COVID-19 shutdown.

**MAGNET MOMENT**

Magnet participants looking fittingly festive at The Magnet’s annually Winter Tea Party (2019)
“Every creature was designed to serve a purpose. Learn from animals for they are there to teach you the way of life. There is a wealth of knowledge that is openly accessible in nature. Our ancestors knew this and embraced the natural cures found in the bosoms of the earth. Their classroom was nature. They studied the lessons to be learned from animals. Much of human behavior can be explained by watching the wild beasts around us. They are constantly teaching us things about ourselves and the way of the universe, but most people are too blind to watch and listen.” — Suzy Kassem, Rise Up and Salute the Sun: The Writings of Suzy Kassem
RIDDLE #1 Big as a biscuit, deep as a cup, Even a river can't fill it up. What is it?

RIDDLE #2 What has to be broken before it can be used?

RIDDLE #3 What has a foot on each side and one in the middle?

See last page of newsletter for answer key.
As you travel around Minneapolis gazing out the windows of buses, trains, or cars, how often do you notice outcroppings of tents only minimally obscured by Greenway brush or freeway shoulder fences? In these COVID times, our neighbors we used to sit next to at library computers or share a chat with over coffee in the Commons on Tuesdays and Thursdays are sleeping in those fragile structures.

We have been fortunate to enjoy a relatively mild transition into winter—but as anyone living in Minnesota knows, the mildness is sure to give way to thick frost sooner or later. And those neighbors experiencing homelessness too often leave their zippered abodes—or emergency shelters downtown—without clothing to protect them throughout the day. While Minneapolis Central used to provide up to 12 hours of warmth, activity, and sometimes a hot drink and a movie, we now can only welcome patrons for up to an hour at a time, leaving more hours for those chilly feet and hands to withstand the weather.

In response, we at the library are doing what we can:

We are holding a warm clothing drive to distribute items to folks experiencing homelessness and housing insecurity, and we welcome your contributions.

Stop by Minneapolis Central Library at 300 Nicollet Mall during any of these times:

- Sunday 12-5 pm
- Monday, Tuesday, Thursday 9 am - 5 pm
- Wednesday 12-8 pm

We are accepting new retail or handmade scarves, hats, socks, backpacks, and gloves in adult sizes to support this project. Note that we are not accepting coats and boots because they are so size-sensitive.

Thanks so much for supporting our community!

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**CALL FOR SUPPORT: TABLETS FOR SENIORS**

*Gifts for Seniors*, in partnership with *The Magnet Senior Center* and *Twin Cities Rotaract*, has launched *Tablets for Seniors* — an initiative dedicated to getting tablets into the hands of isolated seniors in need.

**Our Mission:** Raise funds to distribute 100 Amazon Fire tablets to participants of Magnet Senior Center and the broader senior community - Impacting 100 + Senior Citizens, supporting them to lead more socially active and mentally engaging lives while isolated.

Please help support our mission to bring vital tablets to help older adults cope with isolation and connect with family and community by donating online at [www.giftsforseniors.org/tablets-for-seniors](http://www.giftsforseniors.org/tablets-for-seniors)

**Questions?** Contact Angelique Kingsbury at akingsbury@wpc-mpls.org or 612-540-2928 *Interested in participating in our Tablets for Seniors pilot program?* Stay tuned for more information!
INFORMATION & RESOURCES

THE MAGNET MESSAGE LINE

Our Westminster Presbyterian Church and Minneapolis Central Library locations are closed until further notice, but you can still leave a message for us by phone! We check messages daily. Dial 612-540-2928 or email Angelique Kingsbury at akingsbury@wpcmpls.org

ABOUT THE MAGNET

The Magnet: Activities & Conversation for Older Adults is a joint partnership of Minneapolis Central Library and Westminster Presbyterian Church. Offering older adults a place to gather for coffee, conversation, cultural and educational events. Drop-in. No reservations are required. Ages 50+ All are welcome!

We meet Monday through Thursday 9 AM - 12 PM

Westminster Presbyterian Church (Mondays & Wednesdays) 1200 Marquette Avenue Minneapolis, MN 55403

Minneapolis Central Library (Tuesdays & Thursdays) 300 Nicollet Mall Minneapolis, MN 55401

GIVE HELP. GET HELP.

Across the country, people are informally organizing new online mutual aid groups to stay connected, share ideas, and help those most affected by the Coronavirus. Whether you want to start a group, find a group, or get assistance yourself, this directory can help you connect with people in your community.

VISIT: https://aarpcommunityconnections.org/

Ask Us!

Good news! Hennepin County Library’s Ask Us phone service is back up and running as of Monday, April 6th. Please call for information, referral to resources, help with e-books, and more!

AskUs: 612-543-KNOW (5669)

Hours: Monday - Thursday 9 AM - 9 PM, Friday and Saturday 9 AM - 5 PM, Sunday 12 PM - 5 PM
FILE OF LIFE COULD SAVE YOUR LIFE

“Medical emergencies can happen anytime. When they do, there is confusion, panic and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact their family or friends?

File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.” - File of Life

The Magnet cares about your safety. If you receive THE MAGNET newsletter by mail a File of Life has been included with this months mailing. If you view our newsletter electronically and would like a FOL kit mailed to you, you can request to have one mailed to you by leaving a message with your name and address at 612-540-2928 or email Angelique Kingsbury at akingsbury@wpcmpls.org. Kits are limited to two per household and will be distributed until gone.

What's in your kit:

- One refrigerator magnet pouch with standard card insert
- One personal size pouch with standard card insert
- One window decal

Once you receive your kit, don't let it collect dust!

Taking the time to complete your file now will make a significant difference if needed later. Let's get those files completed, posted in your home and kept on your person away from home.

If you would like assistance with filling in your form, start with requesting help from your primary care provider, personal care attendant, or family member.

See what people have to say about File of Life and learn more at www.folife.org
Riddle #1: A kitchen strainer'
Riddle #2: An egg
Riddle #3: A Yardstick