BACK AT THE Y!

SHIATSU & SOUND BOWL HEALING EVENT!
TUES NOV 8/12:30PM

VACCINE CLINIC!
TUES NOV 8/ 4-7PM
Boosters Available!
Click Here to Register

ORTHOLOGY EVENT!
MON NOV 15/ NOON
COME AND FIND OUT WHAT ORHOLOGY IS.

COORDINATOR OFFICE HOURS:
TUESDAYS 11am-12.
Be Well! -Tami Holtan
ForeverWell Coordinator
Tamara.holtan@ymcamn.org
612-371-8702

BE THANKFUL & GIVE GRATITUDE
WHAT ARE YOU GRATEFUL FOR AT THE Y?
November brings us into the holiday season and promises the first rumblings of Minnesota winter weather. This brings joy to many, and apprehension to some. It is an accepted scientific reality that if you are feeling negative feelings, the practices of gratitude and service change your mental, emotional and physiological state. Gratitude heals. Service heals. What are you grateful for? How can you serve others this season?

I am grateful for you! And the ForeverWell Community!
-Tami Holtan, ForeverWell Coordinator

BRANCH HOURS
Monday-Friday: 5am-8pm
Saturday: 8am-5pm
Sundays: 8am-5pm
Front Desk: 612-263-9909
www.ymcanorth.org

BLAISDELL YMCA
3335 Blaisdell Ave S, Mpls 55408
Contact: Tami Holtan
Email: Tamara.holtan@ymcamn.org
Phone: 612-371-8702
*CLOSED THANKSGIVING
SPECIAL EVENTS HOSTED BY BLAISDELL

Monday Nov 8th, 12:30pm, Studio A
SHIATSU AND SOUND BOWL HEALING EVENT
Come for a demonstration in Shiatsu hand massage. Sign up for a chair massage (donation suggested). Enjoy the soothing and healing of a Sound Bowl demonstration. Coffee Provided!

Monday Nov 15th, Noon, Studio A
ORTHOLOGY
Have you wondered what Orthology is? How do you manage pain? What could Orthology do for you? And how do you make an appointment for Orthology at the Y? Come to this event and find out! Presentation, Q&A. Coffee Provided!

Friday Dec 3rd, 2:00pm, Gym
HOLIDAY MUSIC
Join Clark Adams, Ray & Jeremy for Holiday Music!

Monday Dec 6th, Noon, Studio A
JINGLE BELL BINGO!
With holiday music and prizes. Bingo was so much fun, we are planning another! (Feel free to donate prizes!) Coffee Provided!

Ongoing, Wednesdays 9:45-11am, Zoom
BLAISDELL FOREVERWELL COFFEE TALK
Join us any time for this virtual gathering. Register For Zoom CoffeeTalk
Contact: tamara.holtan@ymcamn.org

In other news...

Monday Nov 8th, 4-7:00pm
FREE COVID-19 VACCINE CLINIC
This is a free Pfizer vaccine. Provided by the Minnesota Department of Health. Boosters are available!
Register for Vaccine Appointment

Questions? Contact: Tamara.holtan@ymcamn.org

What to Expect:
Linda Charnley, a Shiatsu Massage Therapist for 20 years, will tell us about shiatsu and show us a hand demonstration. She will be available for short neck and back chair massage for suggested donation. Sign up at event. We will also have another presenter, Lynn Filipas perform sound bowl therapy while we wait. This will be a meditative space, sound vibrations are healing.

SHIATSU MASSAGE AND SOUND BOWL HEALING EVENT!
Monday November 8th 12:30 in Studio A

Original Artist: Lyn Karp Milt Gross
Graphic Alteration: Joe Musich
### BLAISDELL FOREVER WELL GROUP EXERCISE CLASSES

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| **ForeverWell WX**  
8:25am Andrew  
Studio A  
**Regular Yoga**  
8:45am Tami/Jen  
Studio A  
**Drums Alive**  
10:00am Pam G  
Studio A  
**Silver Sneakers Classic**  
11:00am Pam G  
Studio A | **Tai Chi-MBB**  
9:15am Marianna  
Studio C  
**Chair Yoga**  
10:00am Tami H  
Studio A  
**FW Strength**  
11:00am Sandra B  
Studio A | **Silver Sneakers Circuit**  
11:30am Marianna  
Studio A | **Tai Chi - MBB**  
9:30am Marianna  
Studio A  
**SS Yoga**  
10:30am Marianna  
Studio A  
**ForeverWell Cardio**  
11:30am Marianna  
Studio A | **Silver Sneakers Yoga**  
10:00am Sandra B  
Studio A |

"I don't know if I am doing it right, but by the end of class, something was right, because I feel better. I feel free!"

- Estella Young, Member

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### WE LOST A FRIEND

**Ralph Stanley Berlovitz**  
March 1947- October 24, 2021

Ralph, 74, was a warm, generous, and passionate soul. He passed away on Sunday, October 24. He was a loving son, brother, uncle, and friend to many. Preceded in death by parents Sol and Jennie and brother Elliot. A photographer extraordinaire, avid sailor, saxophonist, and world traveler, he is survived by sisters Barbra & Sonya, nephews Benjamin (Annick), and Gabriel, niece Marie, and sister-in-law Cindy. He was loved and cherished by all. His art is on display at Amore Coffee Shop in West St. Paul.
The “Joiner” vs “Loner” Dilemma

by Joe Musich

I retired when I was 67. Setting up Social Security was the easy part as I was to find out. I worked for a few months and had healthcare coverage through my teaching job with MPS. I knew down the road I would be having to choose supplementary care insurance company. Mentally I chose to put off thinking about that step in the retirement process. The Part B, Part D parts, etc., were befuddling to me. Why does it need to be so complicated? Interesting some in Congress are now asking that question.

As my last school year was coming to an end, I was faced with no longer being able to put off the question about what particular company I was going to choose. I began reading about the various plans from which I could choose. Pages and pages of reading. Terms like “co pays” and “formulary” floated across my gaze. It seemed as the plans from the different companies each had a slightly different twist. In the end, was it to be a coin toss that would be the method to make my decision? What is the best choice? It was a lonely place and probably is for everyone who first enters that space in their life.

I was in fight or flight mode. I decided to flee. Off to the friendly Blaisdell Y… to chatter about other subjects. But I was still occupied with making that very important decision. My eyes were still glassy.

Someone asked me, as most people do at the Y, “What’s up?” I just blurted it out, “I need to make a decision on supplemental care plans and do not know where to go or what to do!” Three or four people chimed right in, willing to help. Two like myself were teachers. Both made the same reference for a place to go for help. Why, right there, at the Y, standing naked coming out of the shower room, was an answer. This is maybe the place for “standing alone and being naked” as a metaphor for life, would fit perfectly. I followed through with what was suggested and have used the friendly broker resource suggested, as my helpful support ever since. Last year when the subject came up in the ForeverWell coffee talk group, regarding our need to speak to supplementary care, I was able to close the circle from that conversation many years before in the locker room. Someone in the locker room pointed me to a helpful resource. I was now doing the same for the ForeverWell folks.

Ain’t Blaisdell wonderful! At Blaisdell the door is open for everyone to be a joiner. It is much easier to both give and receive help.

I need not feel alone.

GOOD EXERCISE FOR SENIORS

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 out 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 potato bags. Then try 50-lb potato bags and then 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. (I’m at this level.)

After you feel confident at this level, put a potato in each bag.
Be Thankful and Give Gratitude

Words can go horizontally, vertically and diagonally in all eight directions.

Abundance
Apple Crisp
Apple Orchard
Bike
Citizenship
Community
Compassion
Cozy

Crisp Fall Air
Empathy
Fire
Grace
Harvest
Healing
Health
Massage

Meditation
Mobility
Music
Orthology
Peace
Personal Training
Pie
Serenity

Social Responsibility
Sound Bowl
Tai Chi
Thanksgiving
Vote
Walk
Wellness
Yoga

© 2021 by Sandra King Freeman
ForeverWell Word Search for Blaisdell YMCA
OUR STORIES-TINY HOUSE ESCAPE

In 2020 after six months of pretty extreme isolation I was really getting tired of being at home. In the first three months I had painted two rooms, spent more time in my garden than ever before and got a second dog. I have never vacationed much but I knew I needed a change of scenery for my mental health. I really didn't feel that staying in a motel was wise and had used air bnb for a vacation with my son and his family a few years before so I decided to check to see if there were any dog friendly places in northern Minnesota. I was surprised by the number of places I found. The majority were so much more than I wanted both in size but mostly in cost. I did find an offering of a "Tiny House". It was about thirty minutes south of Grand Marais which is an area I love and advertised as very dog friendly and within my budget. The pictures show a very small cabin with a nice deck, a well-groomed fire pit area with comfy chairs and plenty of green trees secluding it from the outside world. I had found my spot!

I must admit that I was not delighted that there was no running water but I had camped a bit when my kids were young so wasn't really put off by the idea of an outhouse. It did have electricity and Wifi. both of which helped me feel secure. I didn't fully realize how used to just turning on a tap I was until I got there and had to use the precious water for hand washing. They supplied a large plastic container of water in the cabin as well as easy directions for getting to the nearby state park to refill the container as needed. You do learn to minimize use when you have to! The cabin looked small in the pictures but was "really" small, maybe 8 x 12 feet. It had a full size bed, small kitchen counter with a sink, complete with drain bucket, a mini fridge, hot plate and a bench and a few storage bins tacked to the wall. Two windows let in plenty of light and everything was very clean and well kept.

I had both dogs with me and we spent hours walking in the woods and sitting around the campfire. It was in a more populated area than I had expected, there were neighbors within easy walking but out of sight of the cabin. I spent a lot of time reading, writing in my journal, reflecting on my life and just enjoying the fresh air, sunshine and solitude. In many ways it seemed silly that I needed to get away from home to relax. I live alone and certainly could enjoy nature in my local parks but something about being in a totally different space felt empowering. I slept soundly and was glad to have the dogs to send out first before venturing out for a nighttime and early morning trip to the outhouse. I did worry a bit that they would decide to chase a skunk or porcupine but all was quiet. There is nothing quite like the sky up north at night. The stars shine like Christmas twinkle lights and seem to blanket the earth in peace. Nighttime quickly became my favorite part of the day. Just two nights away did wonders for my soul and helped to ease some of my fears of the coming winter with the continued isolation caused by Covid.

This fall after having to say goodbye to my older dog at the end of June I started to feel the pull to escape again. I now only had one dog to consider when making escape plans and she is much calmer and less intimidating then Clyde was so I felt that I could really go anywhere. While checking out all the available places I came upon "my" tiny house. I did have second thoughts about the minor inconveniences but just looking at the pictures brought back such lovely peaceful memories. We went up in mid-September and it was all I remembered it to be. Zelda and I enjoyed long walks, even at night and lovely time sitting around the campfire. We found a quiet beach on Lake Superior where she could run, went into Grand Marais for a walk around town and stopped in Duluth for an afternoon on our way home. As a woman, almost seventy, traveling alone is something you need to plan for but is so worth it! By pushing myself out of my comfort zone I found my inner strength, both mind and body felt refreshed.

-Rene Grunow, Member