

May 2025

Western Prairie Human Services Senior Services Newsletter

211 E Minnesota Ave, Glenwood, MN | 320-634-7755
15 Central Ave N, Elbow Lake | 218-685-8200



Grant County Coffee with a Cop & Back – Up

Wednesday May 7, 9:30am

Elbow Lake Senior Center –

Fraud Alert, Eagle Bank

Monday June 9, 1pm

Peace Lutheran Church, Barrett

Mental Health & Caregiver

Awareness – Region 4 South

Pope County Coffee with a Cop

Thursday May 22, 2pm

Villard Community Center – Fire

Safety, Doug Johnson State Fire

Marshall

Tuesday June 3, 2pm

Trinity Lutheran Church, Cyrus

Road Safety – MN State Trooper

Caregiver Support Group

For those caring for a loved one
with chronic medical conditions
and/or dementia/Alzheimer's.

Hoffman, Senior Center

100 3rd St S.

4th Tues of the Month 10am

Glenwood, Western Prairie

Human Services

211 E Minnesota Ave

2nd Thurs of the month 2pm

4th Tues of the month 2pm

Wheaton, Ambulance Garage

401 12th St N.

3rd Mon of the month 1:30pm

Virtual

2nd Tuesday of the Month 5:30pm

For details of online meeting and
other questions, call 320-424-0018
or email

diane.kittelson@wphsmn.gov

Flip the Script on Aging

The theme for Older American's Month 2025, "Flip the Script on Aging", offers a powerful call to action that challenges negative stereotypes about aging and celebrates the unique contributions and capabilities of older adults. This May we encourage everyone to rethink their views on aging and recognize the vast potential that older adults have in all aspects of society.



Here is an exploration of what "Flip the Script on Aging" means and how we can promote positive aging experiences.

1. Challenging Ageism and Negative Stereotypes

Shifting Perceptions: "Flip the Script of Aging" invites us to move away from seeing aging as a time of decline and dependency. Instead, it encourages seeing it as a phase of continued growth, learning, and contribution. Society often associates aging with frailty, loneliness, and irrelevance. This theme challenges those assumptions by celebrating the vitality and resourcefulness of older adults.

Reframing Aging: It's an opportunity to highlight how older adults can be dynamic, capable, and vibrant members of society whether they are still working, volunteering, learning or purposing new passions. It's about showcasing the contributions they make to their communities, workplaces, and families. Through storytelling, media, and personal testimonies, older adults can share their experiences and demonstrate the possibilities that come with aging.

2. Highlighting Lifelong Learning and Growth

Aging as a Time of Discovery: One of the key aspects of flipping the script on aging is promoting the idea that learning does not end with retirement or with the onset of old age. Older adults are increasingly engaging in lifelong learning, whether through formal education, online courses, or self-directed exploration of new hobbies, technologies, and skills.

Flipping the Script continued

3. Personal Development: Aging doesn't mean stagnation. It's a time to embrace new experiences, whether that involves exploring new career paths, starting a business, taking up art, writing, or even traveling. These activities demonstrate that personal growth can continue throughout life.

4. Redefining Contributions to Society

Older Adults as Active Participants: "Flip the Script on Aging" emphasizes that older Americans remain vital contributors to society in many roles – as caregivers, mentors, volunteers, entrepreneurs, and professionals. Older adults bring decades of experiences, wisdom, and insight to the table. By continuing to contribute in various ways, they debunk the myth that their societal value decreases with age.

Volunteering and Giving Back: Many older adults are highly engaged in volunteerism. They may lead non-profit organizations, mentor younger generations, or serve on local committees. These contributions enrich our communities and demonstrate that age does not limit one's ability to make a significant impact.

5. Embracing Health and Well-Being

Healthy Aging: The theme encouraged us to rethink the idea of aging and health. It's not about inevitability of decline but about how seniors can take change of their health and well-being through physical activity, nutrition, mental health care, and regular medical check-ups.

"Flip the Script on Aging" reminds us that aging is not an ending – it's an evolution. By embracing this new perspective, we honor the value, strength, and potential of older adults in every corner of our communities. Let's continue to challenge outdated beliefs, celebrate lifelong growth, and create a world where aging is seen not with fear, but with hope, purpose, and pride.

Fashion of Yesteryear

In 1940, Ginger Rogers starred in the movie *Kitty Foyle*, in which she plays a character with the same name. Rogers wore a unique dress designed by Renié Conley, a famous Hollywood designer. The dress had dark fabric with a contrasting light collar and cuffs. It had a button-down shirtwaist and short sleeves. Renié designed the style for filming. The bright collar reflected light up into the actor's face. The style soon became fashionable beyond Hollywood. Its modest and practical style could be worn at home and around town. The dress remains iconic as an example of functional yet stylish design.

Physical and Mental Wellness: Promoting the idea that health can be maintained well into later years is part of "flipping the script." More and more seniors are living active, healthy lifestyles, participating in fitness programs, and engaging in activities that support cognitive health and emotional well-being. This challenges the stereotypes of aging as a time of inevitable physical and mental deterioration.

5. Redefining Independence and Aging in Place Empowerment Through Independence:

For many seniors, "flipping the script" means having the tools and resources to age on their own terms. This includes making homes safe for aging in place, offering better access to home healthcare, and creating age-friendly communities that provide a range of services and support.

Assistive Technologies: With advancements in technology, older adults now have more options for remaining independent and engaged in their communities. From smart home technologies to mobility aids, these innovations help seniors maintain control over their daily lives and continue to live with dignity.

6. Celebrating the Joys and Possibilities of Aging A Positive Outlook on Aging:

Ultimately, "Flipping the Script on Aging" is about celebrating the potential and possibilities that come with each stage of life.



Trivia

1. Only one U.S. state has a name with just one syllable. Which one?
2. Which country singer, songwriter, and actress said, "The way I see it, if you want the rainbow, you gotta put up with the rain."
3. Can you name three American presidents with the last name that begins with the letter *M*?
4. Can you name three fabrics that begin with the letter *V*?
5. Which of the following was NOT invented in Minnesota?
 - a. Rollerblades
 - b. Post-it Notes
 - c. Pickleball
6. True or False: The original bright cardigan sweaters Fred Rogers wore on PBS' *Mister Rogers Neighborhood* were knit by his mother.
7. How much did a gallon of gas cost in 1940?
 - a. 18 cents
 - b. 22 cents
 - c. 31 cents

On This Date

May 8th, 1886 – Pharmacist Dr. John Pemberton invented Coca-Cola in Atlanta, Georgia. Initially sold as a patent medicine at Jacob's Pharmacy for five cents a glass, Coca-Cola evolved into one of the world's most iconic beverages.

May 11th, 1958 – The great state of Minnesota was admitted as the 32nd state of the nation. We wish a very happy 167th birthday to our great state the "Land of 10,000 Lakes!"

May 13th, 1610/1637 – Historians disagree on the year, but according to legend, on May 13 Cardinal Richelieu of France ordered table knives to be made with rounded blades. Some say this was to reduce dueling during banquets; others say the cardinal was weary of dinner guests picking their teeth with pointed blades, either way, the dinner table became a more peaceful place.



May 21st, 1901 – Connecticut became the first state to pass a speed limit law, restricting motor vehicles to a sensible 12 mph in the city and 15 mph on country roads.

Flip the Script on Aging: Honoring the Heart of Care and Connection

This May, as we recognize Older Americans Month under the theme "Flip the Script on Aging," we're invited to look beyond the stereotypes and see aging for what it truly is—a time of deep wisdom, quiet strength, and enduring love. Nowhere is this more visible than in the lives of those living with dementia and the caregivers who walk alongside them every day.

Caring for someone with dementia is an act of profound grace. It's in the small, shared moments—a familiar song, a gentle touch, a shared laugh—that we see the heart of what it means to age with dignity and compassion. While dementia can change memory and communication, it cannot erase the person's essence or the love that binds them to their families and communities.

Older adults—including those living with dementia—have rich lives, meaningful relationships, and untapped contributions to offer their families and communities. Caregivers, whether family members or professionals, embody compassion, creativity, and dedication every day. They are often the unsung heroes, holding space for both the joys and challenges of aging, and helping others live with purpose and connection.

This month, let's flip the script by celebrating the courage of caregivers and the humanity of those they care for. Let's listen to their stories, honor their experiences, and create spaces where aging is not something to fear, but something to embrace with open hearts.

Minnesota

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

Disregard spaces between words

A V I K I N G S B X G W G R T
J W T S A I N T P A U L E H I
P T E H B E E W L Y P N V E M
L S V P C P H A M R Y A I K B
G Z I N P S Z J I U E Y U C E
D V I R I I Q H N B K N H R R
C R J D C F H S N S C U T J W
P U T W K Y E C E L O B U U O
I O D A N K E K A L H L L C L
H T S L A D M N P I E U U Y V
F X B L S F N C O P C A D L E
E V K E P S I R L H I P L U S
T N T Y R E D P I N E O J C G
U Y Q E S Q Q M S K O F U Y U
Q P C S E I T I C N I W T D A



CHIPPEWA
DULUTH
HONEY CRISP
HOT DISH
ICE HOCKEY
JUCY LUCY
LAKES
LOON
MINNEAPOLIS
PAUL BUNYAN
PILLSBURY
PRINCE
RED PINE
ST. PAUL
TIMBERWOLVES
TWIN CITIES
VIKINGS
WALLEYE

Riddle Me This

1. A word I know, six letters it contains, remove one letter, and 12 remains. What is it?
2. What is the difference between a cat and a comma?
3. When things go wrong, what can you always count on?
4. How can a leopard change it's spots?
5. You bought me for dinner but never ate me. What am I?
6. Turn us on our backs and open up our stomachs, and you will be wisest but at first a lummoX. What are we?
7. What question can you never answer "Yes" to?



Wise Words & Whatchamacallits

Which word is not like the others?

1. streamer trimming
bandeau batten
2. Galaxy MacBook
ThinQ Pixel
3. Conwy Windsor
Balmoral Buckingham
4. What do you call a group of jellyfish?
battery charm
bloom colony
5. Spurs Cowboys
Oilers Astros
6. What do you call a group of hyenas?
cackle tribe
romp mob



May as Mental Health Awareness Month

1 in 5 U.S. adults experience mental illness each year



1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

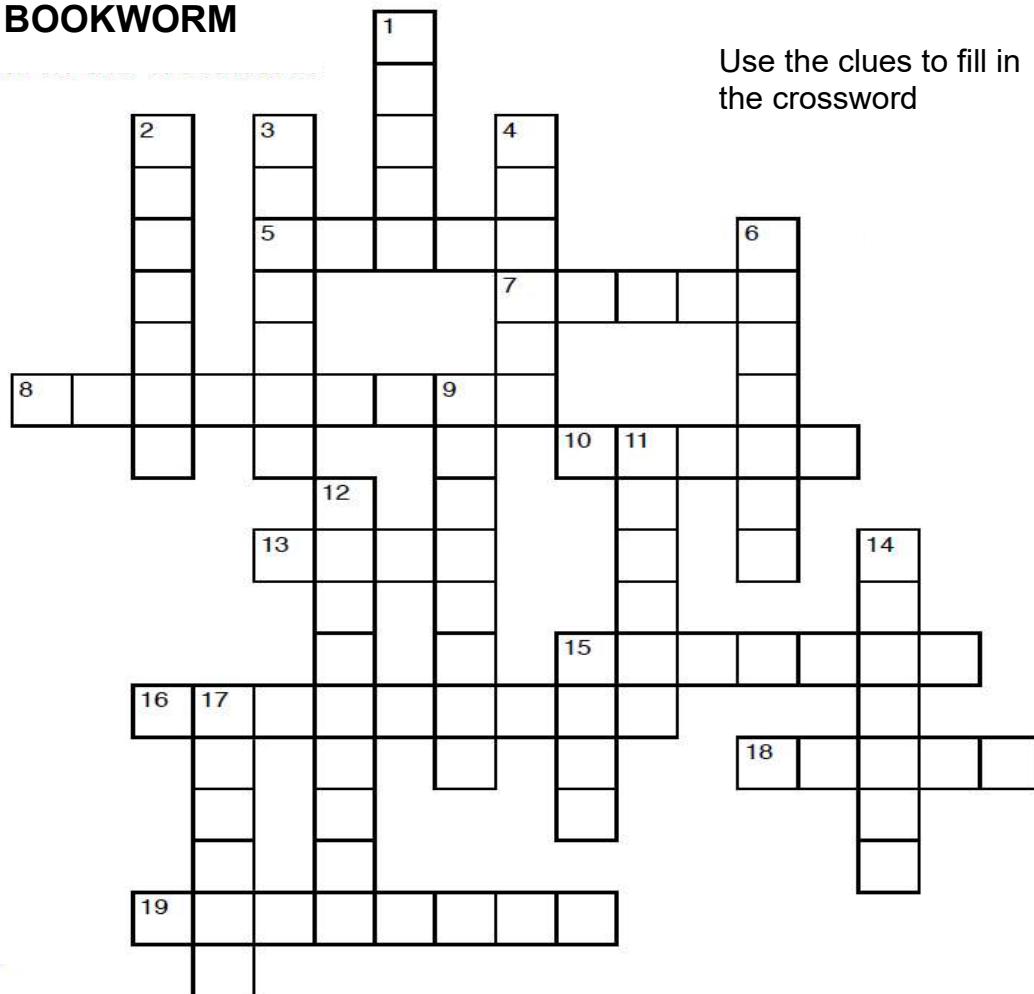


You are not alone. Millions of people are impacted by mental health each year.



BOOKWORM

Use the clues to fill in the crossword

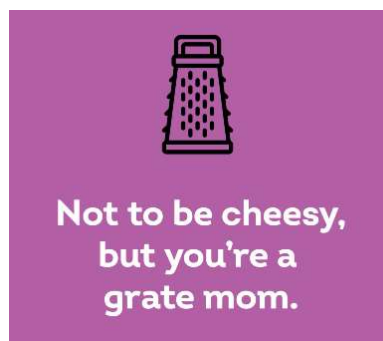


DOWN

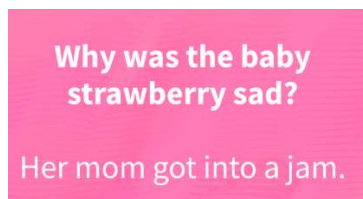
1. Futuristic genre
2. Book finding system, card _____
3. Suspenseful novel
4. Verse works
6. Cowboy story
9. Book with a stiff cover
11. Novelist
12. Soft-cover book
14. Invented story
15. Crack a book
17. Scary novel

ACROSS

5. Book back
7. Book's name
8. Account of life
10. Leaves of a book
13. Used to check out books, library _____
15. Love story
16. Person in a novel
18. Hushed
19. Shelf gadgets for novels



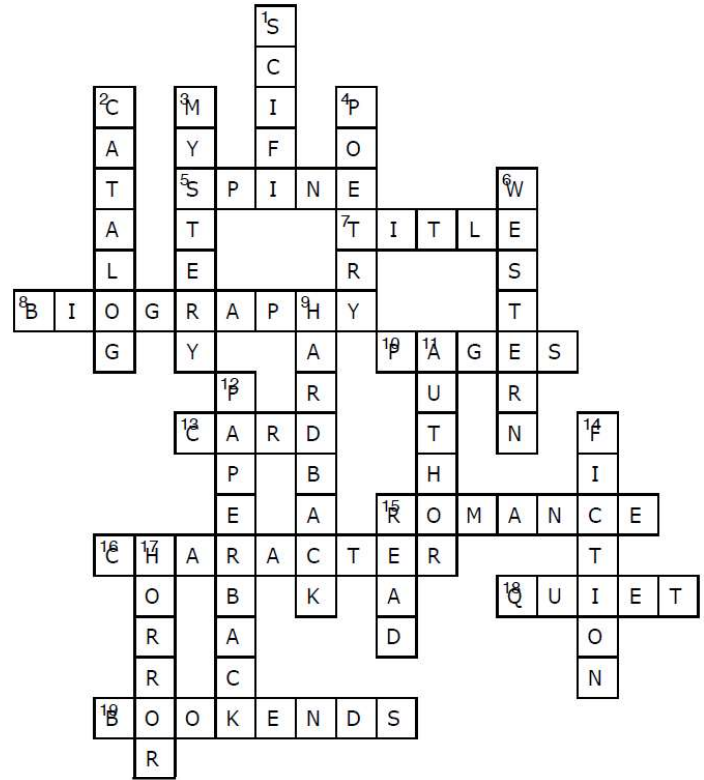
What is a flower's favorite kind of pickle?
A daffo-dill.



Word Scramble

Unscramble the letter to make up the word described

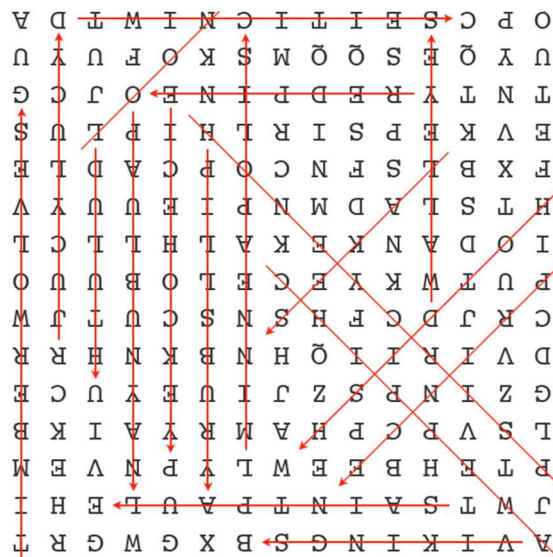
1. HROON _____
High respect, great esteem
2. CNUOREMGUD _____
A bad-tempered person, especially an old one
3. MMAUGINSE _____
A silver-white metal of the alkaline earth series
4. SLQLUA _____
A sudden gust of wind
5. MEULSC _____
A band of fibrous tissue in a human or animal body
6. PTUIRUS _____
The action of following someone or something
7. ETMNINE _____
Used to emphasize the presence of positive quality
8. PERTOOM _____
Further the progress of something; support
9. PLIAVTO _____
Of crucial importance
10. RWEEVI _____
A formal assessment of something



- Riddle Me This**
1. Dozens
 2. One has claws at the end of its paws, and one is a pause at the end of a clause
 3. Your fingers
 4. By moving from one spot to another
 5. Cutlery
 6. Books
 7. Are you sleeping yet?

- Word Scramble**
1. HONOR
 2. CURMUDGEON
 3. MAGNESIUM
 4. SQUALL
 5. MUSCLE
 6. PURSUIT
 7. EMINENT
 8. PROMOTE
 9. PIVOTAL
 10. REVIEW

- Trivia**
1. Maine
 2. Dolly Parton
 3. James Madison, William McKinley, James, Monroe
 4. Velour, Velvet,
 5. C. Pickleball was invented in Washington State.
 6. True
 7. A. 18 cents



- Word WisenG**
1. A batten is a strip of lumber used for reinforcement; the others are ribbons
 2. MacBook is an apple computer; the others are types of cell phones
 3. Conwy is a castle, but the others are residences of royal family
 4. BLOOM
 5. The Oilers are no longer a Texas football team; the others are current Texas sports teams
 6. CACKLE