



Mission Statement

"Our mission is to enrich the lives of Chisago County senior citizens and to support their individual lifestyles."

Chisago County

Senior Center

North Branch, MN

Board of Directors

September 2021

Dan Newes, **President**
Carol Stradinger, **Vice President**
Judy Nelson, **Secretary**
Todd Fisk, **Treasurer**

Directors: Sue Broden, Peter Carlson, Carol Gilquist, Carol Gustafson, Faye Jacobsen, Connie Kaiser, Pat Menne-Hannigan, Rick Olson, Betty Anderson Schlipp

Contact Information

38790 6th Avenue
North Branch, MN 55056
chisagocountyseniorcenter@gmail.com
www.chisagosrcenter.org

Senior Center
651-674-8658

Public Health
651-213-5200

Catholic Charities (for meals)
651-674-1956

Please send newsletter articles to Michelle Fryc at
Chisagocountysc.michelle@gmail.com.

Meet Judy Nelson

Judy Nelson grew up in Austin, Minnesota. For 28 years she worked as a school nurse for preschoolers through twelfth graders at the Roseville schools. After moving to the North Branch area, Judy worked as a substitute school nurse for a few more years.

Volunteering with the Meals on Wheels program, Judy started helping at the Roseville and North Branch locations. It was a perfect fit for her giftings and skills. She loved visiting with people and helping them with small tasks such as eye drops after cataract surgery, reaching an item that was inaccessible, or teaching them how to use their cell phone.

In 2014 a friend, who was on the Board on Aging, invited Judy to visit the Chisago County Senior Center to hear a music presentation. Two days later, her friend invited her to attend the annual meeting and Judy suddenly found herself nominated to be on the Board of Advisors. Shortly thereafter, she was elected as a director. She presently serves as the secretary.

At the Senior Center, she volunteered in the office one day a week until the pandemic hit. Her main responsibilities consisted of ordering supplies, serving on the Board on Aging, arranging classes for the center such as the SAIL exercise class, and a cooking class for diabetics or prediabetics with the University of Minnesota.



Continued.....

Judy Nelson

Her volunteer work extended to the State Health Improvement Program (SHIP) representing the seniors needs in the county. This program was developed to bring fresh produce to the Senior Center.

Being involved in her community has enriched Judy’s life. “I think my activities in the community give me a feeling of doing something useful for others and by extension giving some value for having been born. Learning is lifelong and I have learned much from the variety of people I have been fortunate to meet.”

Her hobbies include reading, writing, animals, birds, playing games, and watching sports. She also loves music; both live and recorded.

In 1998 Judy and her husband Dave, and son Brent bought a farm in Sunrise township about six miles east of North Branch. Brent lived on the farm for approximately five years until Judy was ready to retire from school nursing in 2003. That same year Brent moved to Arden Hills and Judy and Dave moved to the Sunrise farm and began raising Icelandic sheep.

Judy knew her husband needed a hobby when he retired so they debated about what animals they should have on their farm. Both of them were past their horseback riding days even though they love horses. They decided cows were too big, and chickens, guinea hens and peacocks were too noisy. That left sheep who are quiet and easily led by a bucket of food. Judy and Dave chased their dream all the way to Australia to visit sheep ranches. Their experiences there convinced them that raising sheep was the answer. They specifically chose Icelandic sheep because they have an ancient genealogy of leader sheep direct from Iceland. These sheep have only been available in the US for the past 25 years or so. They ordered semen from Iceland and held a symposium on artificial insemination for 22 people on their farm. As an added bonus, the Minister of Agriculture made a surprise visit to check out two of his men who were symposium instructors. It helped that the Minister was in Minnesota bringing his son to St Cloud University at the time. Judy purchased an Icelandic flag and draped across their deck beside the American flag. It was a hit!

Judy’s genuine care and concern for investing in others is seen in her nursing, her volunteering and her hobbies.



Thank you to the following folks for helping with the August newsletter: Kay Bowers, Sue Broden, Pat Menne-Hannigan, Dan Newes and Carol Stradinger.

Senior Resources

Catholic Charities has a MOW home delivery or “grab and go” option for their hot meals made in the Chisago County Senior Center kitchen right here in North Branch. Arrangements can be made by calling the staff at 651-674-1956. Please follow social distancing guidelines put out by the CDC.



Senior LinkAge Line

The Senior LinkAge Line provides free help to older adults who may need support remaining in or returning to their home. This is done by working with the person and/or caregiver to understand the person’s needs and preferences, connecting them with services such as: housing resources, health insurance, financial assistance, caregiver supports, transportation, grocery shopping, and more!

Call for an appointment.

1-800-333-2433

<https://mn.gov/senior-linkage-line/>

Senior Activities

Lending Library

Do you like to read, but wonder what to do with all those books when you are finished? Bring current books (hardcover or paperback) to the Senior Center and share them in the Lending Library. Feel free to take some new books home to read. No charge.

Mondays - 500 Card Group

Love to play cards? Join this group on Mondays at 12:30.

Music On Tuesdays

Do you like music and also like to have a lot of fun? Music on Tuesdays is open to all and starts at 11:15. Please plan on coming for music and staying for lunch afterwards at 11:45.

Cribbage

Join this group on Fridays at 12:45.

"Easy does it Exercise"

This exercise routine will help tone your muscles, limber your joints and increase your circulation. You are encouraged to go at a pace that is comfortable for you. Anyone is welcome to join this group every Wednesday and Friday at the Senior Center from 10:30—11:30. No charge.

Second Sunday of the month Potluck

Every second Sunday of the month at 12:30 there is a potluck lunch. Bring a dish to share. There are games available to play or just come to socialize!

For questions call the office at 651-674-8658.

Family Pathways Food Shelf

The Family Pathways Food Shelf is open for appointments. Call to schedule.

North Branch—651-674-8313. Location is at 6381 Main St., North Branch, MN 55056.

Chisago City—651-257-1308. Location is at 10586 Liberty Lane, Chisago City, MN 55013.

Pine City—320-629-0128. Location is at 220 7th St. SW, Pine City, MN 55063.



NAPS Nutrition Assistance Program for Seniors

The first Wednesday of the month from 7:15-8:00 am. NAPS supplies food packages. If you are 60 years old or older, your income meets NAPS guidelines, and you do not live in a facility that provides meals you may qualify for NAPS. The package includes a nutrition balance of shelf-stable food, plus reduced fat cheese. To see if you qualify and to apply call 651-484-8241.

Fare for All

Fare for All at Trinity Lutheran Church at 38460 Lincoln Trail N., North Branch, MN 55056 on **Wednesday, September 15** from 3:30 – 5:30.

Meeting and Transportation

Join us for the next **Chisago County Senior Center Board Meeting every 3rd Thursday of the month at 9:30.**

For local transportation please call Arrowhead Transit at 1-800-862-0175, option 13.

Donations

Thank you to the Almelund Threshing Company for their generous donation to the Chisago County Senior Center.

WE'R'ABLE

Enjoy bowling every Thursday at JJ's Bowling in North Branch

Mention We'R'Able and pay \$6!

Enjoy a movie the 1st Thursday of the month
Pay \$8 for the 10:00 movie, popcorn and beverage at the GTI North Branch Theater.

Check their website for exact times, as they do vary.

<https://gtitheatres.com/>



Catholic Charities Senior Dining Menu

September

For Newspaper Publication

for reservations, please call 651-674-1956 before 8a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteers is \$4.25-\$7.30. No one 60+ is denied a meal based on ability to pay. Guest under 60 pay \$7.30. Call between 10:30 am-1:00 pm for more information. Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act and Administered by Catholic Charities of the Diocese of St. Cloud.</p>						
LABOR DAY DINING SITES CLOSED	Chicken Patty on Bun Potato Salad Coleslaw Fruit Sauce	PIE DAY!! Roast Pork in Gravy Whipped Potatoes w/Gravy Green Beans Wheat Bread Pie	Hot Ham and Cheese on Bun Vegetable Barley Soup Tomato Salad Brownie	Spaghetti and Meat Sauce Vegetable Medley 7 Layer Salad Breadstick Pudding		
6 Terryaki Pork Loin Rice Pilaf Glazed Carrots Applesauce Peach Cobbler	7 Stuffed Chicken Breast Wrapped in Bacon Baked Potato w/Sour Cream Beets Wheat Bread Chocolate Cake	8 Shepard's Pie Crunchy Romaine Salad Wheat Bread Blueberry Cobbler	9 Baked Ham Scalloped Potatoes Country Mixed Vegetables Dinner Roll Dessert Bar	10 Oven Roasted Chicken Potatoes w/Gravy Baked Beans Wheat Bread Pudding		
13 Augratin Potatoes Broccoli Wheat Bread Fruit Sauce	14 BBQ Pulled Pork on Bun Sweet Potatoes Corn Cookie	15 Beef Pot Roast Whipped Potatoes w/Gravy Corn Wheat Bread Strawberry Cheesecake	16 Meatball Stroganoff Egg Noodles Lettuce with Dressing Applesauce Dessert Bar	17 Breaded Fish or Shrimp Baked Potato w/Sour Cream Carrots Wheat Bread Dessert		
20 Meatloaf Cheeseburger on Bun Triangle Hash Brown Baked Beans Ice Cream or Cookie	21 Corned Beef Steamed Cabbage Creamed Peas Tiramisu Cake	22 Chicken Marinara Egg Noodles Lettuce w/Dressing Green Beans Cake	23 Roast Turkey Whipped Potatoes w/Gravy Peas and Carrots Dinner Roll Gellin w/Topping	24 Broccoli Cheddar Egg Bake Sausage Patties Applesauce Hash Brown Triangle Muffin/Sweet Bread/Pastry		
27	28	29	30	1		

Frozen Meals are Available for Weekends

Chisago County Community Center
38790 6th Avenue
North Branch, MN 55056

Nonprofit
Organization
U.S. Postage
PAID

Return Service Requested

Music Tuesdays



**"You are never too old to set a new goal
or dream a new dream."**

C.S. Lewis