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HUMAN SERVICES

DECEMBER 2015

EVOLVE PROGRAM
PARTICIPANTS DISCUSS WAYS
TO IMPROVE BLOOMINGTON.



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PAYING IT FORWARD

EVOLVE PARTICIPANTS AIM TO IMPROVE COMMUNITY

From mentoring local high school students to helping seniors maintain their health, participants in Human Services' Evolve: Reigniting Self and Community program aim to make Bloomington a better place.

Evolve is a collaborative effort between the Vital Aging Network and Bloomington Human Services. The leadership program lasts for eight months and is tailored to participants over 50 years old. It invites individuals to connect with others who share similar interests or passions.

The program is a good fit for those looking to find ways to give back to their community. Karen Nordstrom, former Bloomington City Councilmember, got involved to continue her public service.

"I have had an active, productive life contributing where I have seen opportunity," Nordstrom said. "I am not ready to go out to pasture as yet. My mother lived to be 101; so I have another quarter century to fill up with something useful."

Evolve has four main objectives: to rediscover purpose, build community and leadership skills, plan and implement a project that contributes to the common good, and join a high-energy network to exchange ideas and gain connections.

For more information, contact Human Services at 952-563-8733.



HUMAN SERVICES OFFERS A NEW PROGRAM AT CREEKSIDE

AMNSure assister from Community Action Partnership of Suburban Hennepin will be available Mondays, 8 – 11 a.m., at Creekside to offer assistance with Minnesota Health Insurance Exchange and MNSure applications. These applications determine eligibility for medical assistance, MNCare, advanced premium tax credits and qualified health care plans. Application assistance for the Supplemental Nutrition Assistance Program and emergency assistance will also be available. For more information, call 952-563-4944, TTY 952-563-3944.



VOLUNTEER FOR A BETTER BLOOMINGTON

Human Services worked with more than 350 volunteers in 2015 who provided services valued at \$753,000. Volunteering is fun, rewarding and promotes a strong quality of life. Take the time to volunteer in your community and make a stronger Bloomington. Human Services has a variety of volunteer positions and can assist in finding opportunities. To learn more about how you can get involved, contact Human Services at 952-563-8733.



AGE 50+ AND
ADULTS WITH
DISABILITIES

STAY FIT OVER 50

Walk, dance or stretch your way to fitness with these Human Services' classes for adults over 50.

TAI CHI

Tai Chi is adapted to accommodate all fitness levels. Participants learn exercises and breathing techniques, stretching and meditation. Classes are offered in six-week sessions on Thursdays, 8 – 9 a.m., at Creekside. Session cost is \$30 for residents and \$42 for nonresidents. Registration is required.



ZUMBA GOLD

Zumba Gold, a Latin dance-inspired aerobics class, uses choreographed exercises to get your heart rate up while strengthening your muscles. Classes meet on Fridays, 9 – 10 a.m., at Creekside and are open for session registration or drop-ins. Six-week sessions are \$35 or \$7 per class for residents and \$49 or \$9 per class for nonresidents.



WALKING CLUB

Explore the rich park and trail systems in Bloomington as well as area malls with the Walking Club. Members walk Hyland Park, Nine Mile Creek, Normandale Lake, Bush Lake and more. Join any time on Tuesdays and Thursdays at 7:30 a.m. This group provides accountability, motivation, and socialization en route to fitness success. Participation is free.



GENTLE MAT YOGA

Gentle mat yoga teaches participants a gentle form of yoga and how to adapt exercises and proper breathing techniques for all fitness levels. Classes meet on Thursdays, 10 – 11 a.m. A six-week session is \$35 for residents and \$49 for nonresidents or \$7 per class for residents and \$9 per class for nonresidents.



EMBRACING CREATIVITY

Explore your artistic interests—whether you like to paint, draw, sculpt or make your own jewelry—through Human Services' programs and classes presented by Artistry at Creekside. Artistry classes are two hours in length. For more information, call Artistry at 952-563-8575 or Human Services at 952-563-4944; TTY 952-563-4933.

ARTISTRY AT CREEKSIDE WATERCOLORS

Discover the wonderful world of watercolor painting. In this class, students will learn basic watercolor painting techniques.

PAINTING AND DRAWING TOGETHER

Explore your creativity together in this engaging class. Students will use pencil, charcoal, pastels and paints to make multiple drawings, collages, paintings and mixed media pieces.

DRAWING TO WATERCOLOR

This workshop is meant to inspire drawing and painting activities for all skill levels and backgrounds. Participants will create simple drawings from memories, photographs or books. Students will then transition them into watercolor paintings.

CLAY MAY DAY BASKETS

Use basic coil building techniques to create a functional ceramic May Day basket. In this workshop, students will learn how to create a basket complete with a handle and fun decorative embellishments.

GNOME HOME: CLAY GARDEN SCULPTURE

Learn how to make a tiny gnome home for your garden. Students will use basic hand-building techniques to create fun, whimsical sculptures to display in their gardens.

INTRODUCTION TO BOOKBINDING

This class will teach several bookbinding styles and basic skills, plus important fundamentals of materials, equipment and technique.

HANDMADE MEMORY BOOK

Do you have precious memories you wish to capture? Come and create a handmade memory book perfect for drawing, painting, collaging and writing down your memories.

INTRODUCTION TO RELIEF PRINTING

Learn about the versatile, fun medium of relief printmaking. Students will gain skills in basic relief techniques, develop fundamental skills in linoleum and wood block cuts, and create fun art pieces to keep or give as gifts.

JEWELRY MAKING

Valentine's Day is coming soon. Make your loved one the perfect handmade gift. In this class students will make beaded bracelets, necklaces and earrings.

DO IT YOURSELF

LAPIDARY

Cut and polish rocks and gemstones into decorative pieces. Training and supplies are provided. There is a \$1 fee per visit. Open Tuesdays, 1- 4 p.m., and Thursdays, 9 a.m. – 12 p.m.

LEATHERWORKING

Check out leatherworking to make crafts and works of art on Mondays and Wednesdays, 12:30 – 3 p.m. Limited tools and scrap leather are provided for practice.

WOOD SHOP

This fully equipped wood shop is available to those looking to design and work on various projects. Open Mondays, Tuesdays, Thursdays and Fridays, 8 – 11 a.m. There is a \$1 per fee visit. Users must pass a machine proficiency test and wear an ID badge.

CERAMICS

Select from an assortment of greenware and bisque to paint or glaze. Open Tuesdays and Thursdays, 8 a.m. – 3 p.m., Wednesdays, 8 a.m. – 1:30 p.m., and Saturdays, 8 a.m. – 12 p.m. Fees apply for materials used.

STAY UP TO DATE WITH E-SUBSCRIBE

The City offers a variety of online tools to help residents stay informed. Use E-Subscribe to sign up for updates on Human Services' programs, community events and services. This free subscription service sends email and wireless notifications when updates to our most popular web pages are posted. To receive email updates about current Human Services' news and events, go to the City's website, click on E-Subscribe and subscribe to "Human Services." Sign up from your home computer or visit the computer lab at Creekside Community Center.

WEBSITE KEYWORD: E-SUBSCRIBE





BUILDING BLOOMINGTON TOGETHER

FLOWER CLUB GIVES CREEKSIDE A NEW LOOK

Throughout 2015, Flower Club volunteers, *pictured above*, redesigned and planted flower gardens with seasonal themes. Through plant exchanges and donations, this club was able to install and redevelop several flower beds around the center. This volunteer group is a great opportunity for both experienced gardeners and those who want to develop their green thumbs. A second Flower Club maintains plantings at Normandale Lake. If you want to learn more about how to join, contact Human Services.

WINTER CLOTHING DRIVE KEEPS LOCAL STUDENTS WARM

Minnesota is notorious for its harsh winters. Even people wearing all the right gear—hats, mittens, boots and coats—can have a tough time enduring the extreme conditions.

When social workers from Bloomington Public Schools noticed a large number of students arriving to school without proper clothing for the winter weather, they took action. The social workers partnered with Human Services and local faith communities to coordinate a winter clothing drive each fall and a winter boot drive each spring.

In the 2014–15 school year, 1,000 items were collected for students through these efforts. The 2015 drive took place in October with more than 1,000 items collected to keep students warm this winter. With support from students in the Transition Plus program, the 2015 program extended across the district, reaching students on an as-needed basis. Transition Plus students manage a winter clothing closet and distribution system in which social workers and teachers can request items for their students when needed.

SHARE IN THE FEAST

Human Services cosponsored a Share in the Feast Thanksgiving meal with Bloomington Covenant Church, Atonement Lutheran Church and Good in the Hood. This is the fourth year a free holiday meal has been served. This partnership offers those unable to prepare a Thanksgiving meal themselves the opportunity to celebrate the holiday with others. Donations and volunteers are appreciated. To learn more how you can become involved, contact Human Services.

ENGLISH AS A SECOND LANGUAGE PROGRAM

Learning English can be a barrier for many people. Human Services is pleased to offer the English as a second language program at Creekside on Mondays and Tuesdays, 9:30 – 11:30 a.m. Volunteer instructors and tutors lead this program. They guide students of all ages through the basics of learning practical English language skills. New students are welcome to join the free program at any time. To learn more, contact Human Services.

OMAR BONDERUD HUMAN RIGHTS AWARD

The Human Rights Commission will present The Honorable Donovan W. Frank, *pictured above top*, and The Honorable Michael J. Davis, *pictured above*, with the 2015 Omar Bonderud Human Rights Award at the City Council meeting on **Monday, December 7**.

The efforts of judges Davis and Frank have helped provide equal access to the courts, which is an integral part of achieving equal rights. They did this through raising awareness of discrimination based on race, national origin and disability, and by fostering the understanding that the courts belong to everyone regardless of protected class status. Judges Davis and Frank have been leaders in the Dred and Harriet Scott recognition events, Freedom Riders exhibit, naturalization ceremonies, Mr. Civil Rights (Thurgood Marshall) program, and 25th anniversary of the Americans with Disabilities Act.

The award is presented annually to an individual or organization that has made special efforts to ensure human rights for all citizens. Nominations for 2016 will be accepted starting August 1.



MARK YOUR CALENDAR FOR KITE DAY

Kite Day will take place on Saturday, May 7, 1 – 4 p.m., at Valley View Playfields, 90th Street and Portland Avenue. The family-friendly event will include free kites to kids under age 18 while supplies last, live music, a kite flying contest, refreshments and more. For more information, call Human Services at 952-563-8733 or visit the City's website.

WEBSITE KEYWORDS: KITE DAY

STRETCH YOUR DOLLAR WITH FARE FOR ALL

Shop and save at Fare For All. This cooperative food-buying program is open to anyone. Fare For All provides packages of name-brand fruits and vegetables and quality frozen meat. The more people participating, the greater the savings. Cash, EBT, credit cards and debit cards are accepted. This program is held at Creekside on the third Wednesday of each month, 11 a.m. – 1 p.m. Upcoming 2016 dates are January 20, February 17, March 16, April 20 and May 18. For more information, visit the City's website.

WEBSITE KEYWORDS: FARE FOR ALL

GET ACQUAINTED WITH CREEKSIDE

Discover everything Creekside has to offer. Get Acquainted is offered on the second Thursday of each month, 9:30 - 10:30 a.m. Participants will receive a tour, welcome packet and a complimentary lunch. Facility tours begin at 10:30 a.m. Call three days in advance to make your reservation for lunch.



VETERANS PHOTO WALL

The Annual Veterans Photo Wall will be on display throughout November 2016 at Creekside and Civic Plaza. The collection grows each year and includes more than 285 photos from all branches of service. If you would like to include a photo for the 2016 display, visit Human Services at Creekside or Civic Plaza. Your original photo will be scanned, then returned to you. High-quality photos may also be submitted electronically at humanservices@BloomingtonMN.gov. Include your name, branch and years of service with your photo.

FREE TAX PREPARATION

Free tax preparation services will be available for those who meet income guidelines from January 21 – April 15. For more information, call 952-563-4944 or visit Creekside.



POETRY CONTEST

Entries are now being accepted for the Annual Poetry Contest. Participants ages 50 and older and adults with disabilities may submit up to two poems written in free verse or traditional form. Poems must be original and unpublished. Send a separate cover sheet with each entry including the title of the poem and author contact information. To receive contest results, include a self-addressed stamped envelope. Contest submission deadline is Friday, July 1. Submit poems to Creekside, c/o Poetry Contest, 9801 Penn Avenue South, Bloomington, MN 55431.

MARK YOUR CALENDARS!

Human Services' special events are your ticket to exploring different cultures, savoring good food and enjoying a wide variety of learning and entertainment options. Events take place at Creekside Community Center, 9801 Penn Avenue South, or Bloomington Civic Plaza, 1800 West Old Shakopee Road, where noted below. In addition to regular lunches, Human Services hosts several lunch events each month, featuring special menus, door prizes, musical entertainment and guest speakers. Reservations must be made at least three days in advance. All lunch events begin at 11:30 a.m.

For more information on these activities, visit the City's website or call Human Services at 952-563-4944 or 952-563-4933 TTY.

WEBSITE KEYWORDS: CREEKSIDE CALENDAR.

JANUARY 20 **FARE FOR ALL EXPRESS**
Shop for name-brand foods through this bulk-buying program, 11 a.m. - 1 p.m.

JANUARY 21 **FREE TAX PREPARATION SERVICES**
Services begin and are available through April 15.

FEBRUARY 12 **VALENTINE'S DAY LUNCH PARTY**
Bring your sweetie to lunch at Creekside, 11:30 a.m.

MARCH 17 **ST. PATRICK'S DAY LUNCH PARTY**
Revel in all things Irish during this special Creekside lunch event, 11:30 a.m.

MARCH 18 **FARE FOR ALL EXPRESS**
Shop for name-brand foods with this bulk-buying program, 11:30 a.m. - 1 p.m.

MAY 1 **OLDER AMERICANS MONTH**
Celebrate Older Americans Month at this lunch event, 11:30 a.m.

MAY 1 **ANNUAL POETRY CONTEST BEGINS**
Enter your writing in Human Services' 7th Annual Poetry Contest.

MAY 2 **COFFEE TALK: MAY DAY BASKETS**
Get creative! Craft your own May Day basket, 10 - 11 a.m.

MAY 3 **HUMAN RIGHTS EXHIBIT**
Asian Pacific Legal Experience in America, May 3 - 22 at Civic Plaza.

MAY 6 **DIVERSITY DAY AND PEACE RUN**
Join Bloomington students in celebrating Diversity Day.

MAY 7 **KITE DAY**
Kite flying fun at Valley View Playfields, 90th Street and Portland Avenue, 1-4 p.m.

JUNE 15 **FARE FOR ALL EXPRESS**
Shop for name-brand foods with this bulk-buying program, 11 a.m. - 1 p.m.



BIRTHDAYS AND BINGO!

Join Human Services for monthly birthday and bingo parties. Those celebrating a birthday will get a photo, free bingo and a card. Enjoy a delicious lunch and play for prizes. Make your reservation three days in advance. For more information, visit the City's website or call 952-563-4944.

WEBSITE KEYWORDS: BIRTHDAY BINGO



JULY 1 **FOURTH OF JULY LUNCH PARTY**
Celebrate Independence Day with this special lunch party, 11:30 a.m.



OCTOBER 31 **HALLOWEEN LUNCH PARTY**
Dress in costume and enjoy a Halloween lunch and treats, 11:30 a.m.

NOVEMBER 1 **VETERANS' PHOTO WALL**
Annual Veterans' photo wall begins at Creekside and Civic Plaza.

NOVEMBER 10 **VETERANS' APPRECIATION BREAKFAST**
Celebrating veterans, 9 - 10:30 a.m.

NOVEMBER 23 **THANKSGIVING LUNCH PARTY**
Celebrate Thanksgiving with a special lunch party, 11:30 a.m.

NOVEMBER 24 **SHARE IN THE FEAST**
Share a free Thanksgiving meal with your friends and neighbors.

DECEMBER 21 **WINTER LUNCH PARTY**
Celebrate the season with your friends and neighbors, 11:30 a.m.

