



# FOREVERWELL

MAY 2025 | BLAISDELL

## AT A GLANCE

### COFFEE TALK

9:45 am every Wednesday

**Connect virtually with others in the community**

### GAME DAY!

Tuesday May 6

Noon-2 pm

Studio A

**Every 1st Tuesday**

### WOMAN SHARING

Monday May 12

12:15-1:45 pm

Studio A

**Every 2nd Monday**

### MOVIE:

### A REAL PAIN

Friday May 16

1:00 pm

Warehouse

**Every 3rd Friday**

## YMCA CLOSED FOR MEMORIAL DAY - MAY 26

**ENJOY TIME WITH YOUR FAMILY AND FRIENDS!**



## NATIONAL SENIOR HEALTH & FITNESS DAY - MAY 28

**MOVE TODAY FOR A BETTER TOMORROW!**

National Senior Health & Fitness Day is an annual health and wellness event for older adults. Stop by the lobby to participate in the fun activities including Coffee, Tea, and Popcorn with games and large puzzle with Micaylia, as well as Balance Assessments and questions with a personal trainer!



*"Move Today for a Better Tomorrow!"*

### BRANCH HOURS

Monday-Friday: 5am-9pm

Saturday: 7am-5pm

Sunday: 7am-5pm

Front Desk: 612-263-9947

### BLAISDELL YMCA

3335 Blaisdell Ave S, Mpls 55408

For more ForeverWell information:

[www.ymcanorth.org/health\\_fitness/foreverwell](http://www.ymcanorth.org/health_fitness/foreverwell)

Customer Service: 612-230-9622



Original Artist : Dan Gordon  
 Cover Alteration : Joe Musich  
 Full William Carlos Williams poem

<https://poets.org/poem/landscape-fall-icarus>

## FOREVERWELL VOLUNTEERS

### WE'RE LOOKING FOR FOREVERWELL ACTIVITY/EVENT CO-LEADERS

Are you interested in expanding the ForeverWell Activities? Do you know someone that would like to present? Do you have a hobby you'd like to share with others? Let Micaylia know!

## FOREVERWELL COORDINATOR CORNER

Hello Friends! I've been fortunate to have attended many of the ForeverWell events in April, even an offsite gathering. Thank you to everyone for making me feel so welcome, I just love our community! Interested in trying an activity? We'd love to have you join! Feel free to reach out to my email:

[micaylia.kraywinkel@ymcanorth.org](mailto:micaylia.kraywinkel@ymcanorth.org)

## SPRING SURVEY

If you haven't already, please take a moment to fill out the spring survey. We are interested to know what events and activities you enjoy doing around the Y! Survey can be found on page 10, leave in Micaylia's Mailbox.

## CLEAN COMMUTER CLUB

Do you walk, bike, or use transportation other than driving to the Y? Sign up for the Clean Commuters Club! Stamp your card 5 times for a chance to win YMCA swag. See Micaylia or the front desk for more information.



# FOREVERWELL EVENT

On April 7 a gathering of 48 ForeverWell seniors attended a two hour seminar on estate planning, wills, and trusts, presented by Ledin Law attorney Steve Ledin, along with three financial planners.

The team described the process of Probate Court, which operates to distribute a person's estate after death. Alternatively, three versions of Trusts, when their complex rules are properly executed, and managed by a Trustee on behalf of beneficiaries, can eliminate Probate Court altogether.

Social Security facts and taxes were covered, as well as long term care planning, inheritances, and Estate/Gift taxes. Much time was allocated to Medicaid services regulations, as the rules governing such services are in flux.

Attendees' questions were encouraged and we asked many!

A 36 page information packet was available to follow along with the slides.

At the conclusion, guests were offered 1/2 hour appointments with one or more of the presenters, at no cost. Contact forms were circulated along with the handouts. (If unable to attend the seminar, a packet can be copied for you.)

Reaction to the seminar was overwhelmingly positive, and it is suggested that ForeverWell repeat this informative session twice a year.

Pictured are some of the audience in Studio A; the 4 presenters are on the left.



# ASPARAGUS... ASPARAGUS... ASPARAGUS... EVERYWHERE!

MIKE MORSON 05.20.2022

In August, 1943, when I was 18 months old, I took a long train ride with my Mom, from St. Paul, MN to Richland, WA to rejoin my Dad at his new job. The Dupont Company had transferred him there to work on the construction of the facilities which would house the Nuclear Reactors that produced Plutonium for the Atomic Bomb.\*



According to my Dad, we lived in "a brand new, two bedroom house, completely furnished, for \$32.50 a month, including utilities." Pretty amazing when I think about it. Dupont had built hundreds of identical government "housing units" like ours for their employees on many acres of what was formerly an asparagus farm. Asparagus... asparagus... asparagus! Everywhere! Asparagus instead of grass in the yard. Asparagus in the cracks of the sidewalk. Asparagus in my sandbox. Even white asparagus which grew in the dirt floor in the basement! No sunlight; no photosynthesis.

Not far from where we lived was a huge commercial cannery. Produce growers would sell their crops to the cannery which would process them and produce thousands upon thousands of canned fruits and vegetables. As a company benefit, Dupont employees could bring their fresh produce (asparagus) to this cannery and receive equivalent amounts back, all processed and sealed in tin cans, for 5 cents a can. (to cover the cost of the "steel" during the War)

During the year and a half we lived in Richland, my Mom and just about every family in the neighborhood, had all accumulated MANY cases of canned asparagus for their pantries. And, tender, fresh asparagus was a staple vegetable during the growing season. When we moved back to St. Paul in February of 1945, those cases of asparagus moved with us. Needless to say, asparagus was a regular item on the menu as I grew up. 12 years later, when the family moved to Des Moines, IA, once again the asparagus moved with us. By then, it was a dreaded item on the family dinner menu.

I remember well, one particular day in 1959, in Des Moines, Mom made her usual dinner for the family and alas, asparagus was once again, the vegetable for the meal. We said grace before eating, as usual, then she made an announcement. "Every one," she said, "this is the last can of asparagus from Washington!" To which we all replied in total unison, "Thank God! Pass the potatoes."

To this day, in spite of all of the above, fresh, plump, tender stalks of asparagus are still one of my favorite vegetables... grilled, steamed, raw; bring it on!

**At Last! ...the Last Can of Asparagus!**

\* as told by my Dad, Jerry Morson, in his memoir; "The Morson Story"

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
Monday	10:15 am	Silver Sneakers Yoga	Chris A.	Studio A
Monday	11:15 am	Silver Sneakers Classic	Chris A.	Studio A
Tuesday	10:00 am	ForeverWell Yoga	Sandra B.	Studio A
Tuesday	11:00 am	ForeverWell Strength	Sandra B.	Studio A
Wednesday	11:30 am	Silver Sneakers Circuit	Marianna P.	Studio A
Thursday	10:30 am	Silver Sneakers Yoga	Marianna P.	Studio A
Thursday	11:30 am	Foreverwell Cardio	Marianna P.	Studio A
Friday	10:00 am	Silver Sneakers Yoga	Sandra B.	Studio A
Friday	11:00 am	ForeverWell Strength	Sandra B.	Studio A

## FOREVERWELL EVENTS – BRING YOUR OWN LUNCH

### GAMES, PUZZLES, & BOOK EXCHANGE

Join us for **Games, puzzles and books!** Stop by to say hello, exchange a book, stay for coffee, join a game. Bring your own lunch.

**Repeats every 1st Tuesday at noon.**

### WOMEN SHARING

If you identify with the experience of being a women, consider joining us! This is your opportunity to connect with and share with other women, bring your own lunch.

**Repeats every 2nd Monday at 12:15 pm**

### MOVIE DAY

Rotating monthly movies, bring your own lunch.

**Repeats every 3rd Friday at 1pm.**

### BLAISDELL FOREVERWELL COFFEETALK

Virtually connect with others in the community.

[Click here to join](#)

**Repeats every Wednesday**

### FOR MORE INFORMATION, VISIT OUR WEBSITE:

[www.ymcanorth.org/health\\_\\_fitness/foreverwell](http://www.ymcanorth.org/health__fitness/foreverwell)

## FOREVERWELL CLASS GUIDE

### JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position.

**SilverSneakers Yoga, SilverSneakers Classic, Water Exercise**

### ALREADY ACTIVE

Designed for people who exercise 1–3x per week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance

**SilverSneakers Circuit, ForeverWell Yoga, ForeverWell Cardio, Water Exercise Tabata**

### EXERCISING REGULARLY

Designed for people who exercise at least 3x per week. Participants should be able to stand for a minimum of 45 minutes Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

**SilverSneakers Circuit, ForeverWell Yoga, ForeverWell Cardio, ForeverWell Combo, Gentle Yoga**



# 7 CLEVER TRICKS CAR SALESMEN USE TO CLOSE A DEAL

**MIKE O'LEARY - THINGS YOU DON'T KNOW**

<https://thingsyoudidntknow.com/7-clever-tricks-car-salesmen-use-to-close-a-deal/>

Stepping onto a car lot can feel like entering a battleground. Car salesmen are armed with an arsenal of clever tricks designed to close deals and maximize profits. We're pulling back the curtain on seven cunning tactics these smooth talkers employ. By understanding their playbook, you'll be better equipped to navigate the high-stakes world of car buying and drive away with both your dream ride and your wallet intact.

## **1. The Art of Psychological Profiling**

Car salespeople are masters of reading people. From the moment you step onto the lot, they're sizing you up, assessing your needs, and identifying your potential vulnerabilities. This isn't just small talk – it's a calculated strategy to tailor their approach and guide you towards a more expensive purchase.

They'll pay attention to your body language, listen carefully to your responses, and even take note of the car you arrived in. All this information helps them build a profile that they'll use to push your emotional buttons and steer you towards a sale. Be aware of this tactic and stay focused on your actual needs and budget, not the salesperson's perception of what you want.

## **2. The Clock Is Ticking: Playing the Time Game**

Time is a powerful weapon in a car salesman's arsenal. They know that the longer you spend at the dealership, the more likely you are to make a purchase. This technique, often referred to as "playing out the clock," is designed to wear down your resistance and cloud your judgment. Salespeople might intentionally draw out the process with lengthy test drives, detailed feature explanations, or prolonged negotiations. As fatigue sets in, you're more likely to make a hasty decision just to end the ordeal. Combat this tactic by setting a firm time limit for your visit and being prepared to walk away if you feel pressured or overwhelmed.

## **3. The Urgency Illusion: Creating FOMO**

Ever heard a salesperson say, "Another customer is very interested in this car" or "This deal is only available today"? Welcome to the world of artificial urgency. This classic tactic plays on your fear of missing out (FOMO) to push you into a quick decision.

The 'impending event' strategy is designed to create a sense of scarcity and competition, even if it's entirely fabricated. Remember, a good deal today will likely still be a good deal tomorrow. Don't let manufactured urgency rush you into a decision you're not ready to make. Take your time, shop around, and don't be afraid to call their bluff.

# 7 CLEVER TRICKS CONTINUED...

## 4. The Porcupine Close: Fishing for Your Trigger

The 'porcupine close' is a clever interrogation technique disguised as friendly conversation. Salespeople use a series of pointed questions to identify your buying trigger – that one factor that will convince you to make the purchase. It might sound something like this: "If I could get you this monthly payment, would you buy the car today?"

These questions are designed to be harmless on the surface but can reveal crucial information about your priorities and pain points. Once they've identified your trigger, they'll focus all their energy on addressing that specific concern. Stay alert to this tactic and remember that you're in control of the information you share. Don't feel pressured to answer every question, especially if it reveals your bottom line too early in the negotiation.

## 5. The Ben Franklin Close: Tipping the Scales

Named after one of America's founding fathers, the Ben Franklin close is a persuasion technique that leverages our natural tendency to trust lists and comparisons. The salesperson will suggest making a pros and cons list about the purchase, ostensibly to help you make an informed decision.

Here's the catch: They'll guide this process, ensuring the 'pro' column far outweighs the 'cons.' By the end, you're left staring at a lopsided list that seems to clearly indicate buying the car is the right choice. While this approach can be helpful in decision-making, be wary of a salesperson who's overly eager to create this list for you. Insist on making your own list, including factors that are truly important to you, not just those highlighted by the salesperson.

## 6. The Illusion of Choice: The Alternative Close

The 'alternative choice close' is a subtle yet effective tactic that gives you the illusion of control while steering you towards a purchase. Instead of asking if you want to buy the car, the salesperson might ask, "Would you prefer the red model or the blue one?" or "Do you want to start your lease this month or next?"

This technique is powerful because it assumes you've already decided to make a purchase and only need to choose between options. It's a psychological trick that can bypass your logical decision-making process and push you into a commitment. To counter this, always be prepared to introduce a third option: walking away. Remember, "neither" is always a valid choice

## 7. The Back Office Blitz: The Finance Manager's Gambit

Just when you think you've navigated the sales floor successfully, you're ushered into the finance manager's office. This is where the dealership often makes its real money, and it's the last line of defense in their arsenal of sales tactics.

Finance managers are experts at upselling extras like extended warranties, gap insurance, and various protective coatings. They might present these add-ons as essential or offer them at a "special, one-time-only price." Be prepared for this phase of the transaction. Research these extras beforehand so you can make informed decisions. Remember, most of these add-ons can be purchased later if you decide you need them, often at a better price.

## GREETING CARDS

### DONATE YOUR CARDS AT THE YMCA!

At all times of the year, most of us give and receive cards. But what do we do when they are done enjoying them? Bring them to the YMCA! We have a collection to donate to <https://friendsco.org/>! The card fronts are recycled into greetings and included in friendship gift packages sent to seniors in the metro area.

Questions: [kathleenvar2014@gmail.com](mailto:kathleenvar2014@gmail.com)



### REMINDER!

Walgreens is 20% off of non-sale items for Seniors on the first Tuesday each month!

## IN CASE OF EMERGENCY

### UPDATE YOUR EMERGENCY CONTACTS

The Y needs to know who to contact in case of an emergency. Please stop by the Front Desk to update your emergency contacts today!



## A REAL PAIN

MAY 16

### MOVIE DAY - WAREHOUSE

"A Real Pain" explores the theme of generational trauma and the impact of the Holocaust on Jewish-American families, particularly through the lens of two cousins, David and Benji, who reconnect after their grandmother's death.



## PREGNANCY AND BABY DONATION DRIVE

### LOOKING FOR GENTLY USED OR NEW ITEMS

YMCA's Enough. Team is collecting items to support those in need.

### What is Enough.?

Enough. serves individuals of any gender identity through the age of 28 that are at-risk of or experiencing sexual violence and/or trauma, including sexual exploitation, trafficking, and survival sex.

Contact [shae.hall@ymcanorth.org](mailto:shae.hall@ymcanorth.org) for more info

## ACUPUNCTURE

### DATES AND TIMES

- Tuesday: 8:30 am - 12:30 pm
- Tuesday: 3:00 pm - 5:00 pm
- Thursday : 4:30 pm - 7:00 pm

Please check in 10 minutes before start time, see front desk for details. Check website for the most up-to-date times.



# ForeverWell

## National Senior Health & Fitness Day

Words can be found in eight different directions

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

Copyright © 2025 by Sandra King Freeman

Created for Blaisdell YMCA

- |                      |                   |               |
|----------------------|-------------------|---------------|
| Almost Summer        | Gardening         | Nature        |
| Blossoms             | Grilling          | No Mow May    |
| Butterflies          | Horse Races       | Open House    |
| Cinco de Mayo        | Kentucky Derby    | Robins        |
| Engage New Audiences | May Day           | Rose Garden   |
| Enjoy Outdoors       | May Flowers       | Senior Health |
| Festivals            | Memorial Day      | Spring        |
| Fitness              | Mothers Day       | Sunshine      |
| Fun Events           | Music in the Park | Travel        |

# ForeverWell Survey – Spring 2025

Your Name:

Preferred Name and Pronouns:

What is your preferred way to hear about ForeverWell news? (please circle)

Email

Phone

Newsletter

In Person

Days you are available to attend an event/activity: (please circle)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

What events/activities have you participated in before that you would like to see again?

What NEW events/activities would you like to participate in?

Would you like to co-lead an activity/event? If so, what are you interested in?

Anything else you would like to share: