

Spring 2007



# ADVISOR

## Notes from the Passport program

### Thank you from the bottom of our hearts

In December, the Passport Program sent out a fundraising letter asking members for their support. What an amazing response we received. More than 1,180 members sent in a contribution! If you did not receive an envelope and would like to contribute, you can do so by using the envelope inside this newsletter. We will be honoring our donors in the next newsletter.

You mean so much to us and truly make our jobs rewarding. We hope you have a wonderful and safe summer.

**We would like to thank** all of the Passport members who give of their time and talents. Volunteers who work at Passport donated nearly 5,000 hours in 2006. Volunteers made and donated more than 200 quilts, 1,000 newborn hats, labeled 30,000 bags for Feed my Starving Children, mailed out almost 12,000 membership cards, stuffed envelopes, and helped with computer work.

### Ode to a Volunteer

Many will be shocked to find  
When the day of judgment nears  
That there's a special place in heaven  
Set aside for volunteers.  
Furnished with big recliners,  
Satin couches and footstools  
Where there's no committee chairperson  
No group leaders or car-pools.  
No eager team that needs a coach,  
No bazaar with a bake sale,  
There will be nothing to staple.  
Not one thing to fold or mail.  
Telephone lists will be outlawed,  
But a finger snap will bring,  
Cool drinks and gourmet dinners,  
And rare treats fit for a king.  
You ask, who'll serve these privileged few  
And work for all they're worth?  
Why, all those who reaped benefits  
And not once volunteered on earth.

*Author unknown*

*The purpose of the HealthEast Passport program is to keep people 50 and better active and involved in the community. We accomplish this goal by offering social opportunities, educational seminars, day and overnight trips, opportunities to meet other members and volunteer opportunities.*

# *Reduce squabbles over personal property with a written list to accompany your will or trust.*

**Mom dies, leaving a legacy** of property that she and dad (previously deceased) have accumulated. Mom and dad's estate goes to their four children at mom's death. The value of each child's share of cash – one-fourth. The value of each child's share of IRA – one-fourth. The value of each child's share of sale of home – one-fourth. Value of each child's share of mom and dad's personal property – PRICELESS.

When a loved one dies, it's much easier to divide cash and impersonal assets than to decide what to do with tangible personal property (clothing, jewelry, furniture, china, silver, crystal, tools, artwork, photographs, knick-knacks, etc). It's not usually the monetary value that leads to emotional tug-of-war, but the sentimental value – which often cannot be quantified.

This issue can be especially important when one parent dies and the other parent remarries. For example, dad dies and mom remarries. If there is no prenuptial agreement addressing personal property when mom dies, everything is left to her new husband. Then the new husband dies, leaving everything to the children from his first marriage. The result? Mom's four children have none of mom and dad's personal property, not even family photographs.

One of the most effective ways to distribute selected items of tangible personal property is through a written list to accompany your will. Minnesota law permits anyone who has a will to dispose of tangible personal property through a separate written statement which identifies the property and who will

receive the property. Typically, the written list will identify the most important items, and the will contains a provision disposing of all personal property not mentioned in a written list. The wonderful thing about a written list is that you can change the dispositions contained in the written list as much as you wish, without the need to change your will.

Why don't more people who have wills also have a list disposing of tangible personal property? Perhaps they aren't aware of the ability to create such a list. Or perhaps they don't believe anyone has any interest in receiving their personal property. Or maybe the children won't cooperate with mom and dad's desire to create a list because the children don't want to appear greedy. Yet people are often surprised to discover that their loved ones do, in fact, attach great value to items of tangible personal property. And it's not always the property with the most monetary value.

So, if you have personal property to dispose of, how do you go about preparing a written list? First of all, you must have a valid will that refers to it. So if you have a written list but no will, the written list isn't legally effective. Similarly, if you have a will and a written list, but the will doesn't refer to the written list, the list isn't legally enforceable.

In addition, the list must take one of two forms: it must be in your own handwriting, or it must be signed by you. This means that you can either do the list in your own handwriting, or you can do the list on a computer or typewriter – but if it's not in your own handwriting, it must be signed by you. The best practice is to sign it anyway, even if it's in your own handwriting. Your signature on the list need not be witnessed or notarized. In addition, the list should be dated in the event you do more than one written list. Under Minnesota law, the most recent list always governs if the lists are inconsistent.

What about putting sticky notes on your important items, containing the names of the persons to whom the items should be distributed at your death? Very risky, for several reasons. First, the note is ineffective if it's not in your own handwriting. Second, even if it's in your own handwriting, it isn't clear that your intent is to give the item to the named party – unless the note specifically says that. Finally, it is likely that the notes will tear or fall off at some point, rendering them ineffective. It's better to create a list.

Minnesota law also says the following about a written list of tangible personal property:

- It must describe items with reasonable certainty.
- It must pertain solely to tangible personal property (cannot dispose of real estate or intangible property such as cash or cash accounts, securities, business interests, or brokerage accounts).
- It may not dispose of money, coin collections, or property used in a trade or business.
- It may be in existence before or after the execution of the will.
- It may be changed after it is first adopted.
- It may be in the form of multiple writings (but if they are inconsistent, the most recent writing will control).

Keep in mind that a written list doesn't need to include ALL personal property – you can apply it to just a few items.

How do you go about choosing what to include on such a written list? One approach is to ask your loved ones in advance whether they have any interest in particular items. But be careful – I know of one parent who prepared a list of his property and gave it to his children, asking them to mark any items they wanted. When the lists were returned, many of the items were marked by more than one child, meaning he'd have to choose which child would receive the item. As you can imagine, he abandoned the idea of the written list at that point.

He could have asked each child to rate the items in order of preference – in other words, for the child to tell him which item was the most important to the child, the second most important, and so on. Or, he could have spoken with each child separately and made note of items of particular interest to each child.

In the end, if you can't decide on how to distribute your tangible personal property then at least specify in your will a process for dealing with tangible personal property. For example, you can direct your executor or personal representative to distribute the tangible personal property as equally as is possible, at the sole discretion of the executor or personal representative. Or, you can be more specific and direct that your beneficiaries should draw straws, or otherwise take turns selecting items of personal property. Guidance on a process for identifying items, or guidance for your executor, if a process hasn't been specified, can be found through a program

called “Who Gets Grandma's Yellow Pie Plate,” through the University of Minnesota Extension Service. More information on this program can be found online at [www.yellowpieplate.umn.edu](http://www.yellowpieplate.umn.edu). Whatever method you choose, you will make the situation easier for your family.

You can also do a written list if you have a revocable trust. Just be sure that your tangible personal property has been transferred to the trust (through a written assignment), the trust document refers to the written list, and that you keep the list with the trust document so your trustees know your wishes.

Of course, the best method for avoiding post-death trauma over personal property may be to give it away before death, when you find you no longer have need for it.

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## Grandma's hands

Grandma, some ninety plus years, sat feebly on the patio bench. She didn't move, just sat with her head down staring at her hands. When I sat down beside her she didn't acknowledge my presence and the longer I sat I wondered if she was OK. Finally, not really wanting to disturb her, but wanting to check on her at the same time, I asked her if she was OK. She raised her head and looked at me and smiled.

"Yes, I'm fine, thank you for asking," she said in a clear strong voice. "I didn't mean to disturb you, grandma, but you were just sitting here staring at your hands and I wanted to make sure you were OK." "Have you ever looked at your hands," she asked. "I mean really looked at your hands?"

I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands, as I tried to figure out the point she was making. Grandma smiled and related this story: Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life. They braced and caught my fall when I was a toddler and I crashed upon the floor. They put food in my mouth and clothes on my back. As a child my mother taught me to fold them in prayer. They tied my shoes and pulled on my boots. They dried the tears of my children and caressed the love of my life. They wiped my tears when my husband went off to war. They have been dirty, scraped and raw, swollen and bent. They were uneasy and clumsy when I tried to hold our newborn daughter. Decorated with my wedding band they showed the world that I was married and loved someone special. They wrote letters home and trembled and shook when I buried my parents and spouse. They have held children, consoled neighbors, and shook in fists of anger when I didn't understand. They have covered my face, combed my hair, and washed and cleansed the rest of my body. They have been sticky and wet, bent and broken, dried and raw. And to this day when not much of anything else of me works really well, these hands hold me up, lay me down, and again continue to fold in prayer. These hands are the mark of where I've been and the ruggedness of my life. I will never look at my hands the same again.

*Contributed by Passport member Dennis Sohlstrom*

## Make your time worth while

**Many people who have retired** find that they want to do something productive with their time. Volunteering is one way to be productive, explore new interests, share your talent and help people. Sharing your time also has been shown to improve your health. A Johns Hopkins School of Medicine and Public Health study showed that people who volunteer had better overall health, including increased physical activity, strength and cognitive ability. Volunteers burned more calories, viewed less television, and increased their social network.

Volunteering is an excellent way to help people of all ages. Not all positions require a long-term commitment, but may be a one time special project. Many think volunteers simply stuff envelopes and answer phones. While some do, and enjoy this type of work, other volunteers help in different ways, such as:

- Serving on mock trials to help law students learn about court proceedings.
- Assisting new business owners to develop a business plan.
- Preparing tax forms.
- Supporting school teachers to enhance reading skills for students.
- Working for the environment (water testing, clearing, native planting).
- Assisting low income seniors with money management and bill paying.
- Training for projects which will benefit the community.

On June 12, 2006, The Corporation for National and Community Service stated, "there are 65.4 million volunteers. Volunteer activity can be assigned an economic value and yields significant benefits to non-profit groups that use volunteers. Using Independent Sector's estimate of \$18.04 an hour, a standard measurement for the value of a volunteer's time, the value of the 8.2 billion hours annually donated by Americans equates to \$147.6 billion, a powerful economic impact of volunteering to the entire nation."

For more information about volunteering call the Retired Senior Volunteer Program at **612-617-7820**.

## Exercise: A healthy habit for life

**Did you know** the average American watches three and a half hours of television every day? That adds up to 56 days of channel surfing per year? By age 65, over nine years of our life will have been spent in front of the small (or bigger than life) screen.

It is never too late to make exercise a healthy habit in your life. There is no complicated formula to follow, nor is there a single exercise program that is clearly better than all the others. Any activity that increases the level of physical fitness is rewarded with better health. The most important aspect of exercise is consistency rather than intensity.

Some of the great things that regular exercise can do for you:

- Keeps you trim, helps you lose fat and reverses the natural muscle loss that occurs with aging.
- Improves sleep.
- Improves your bone density and reduces your risk of falls and fractures.
- Lowers your risk of heart disease, diabetes, high blood pressure and colon cancer.
- Raises self-esteem and improves your mood.
- Helps relieve stress and anxiety.
- Makes your muscles and joints stronger and more flexible.

### How much exercise do I need and how do I get started?

Talk to your doctor about how much exercise is right for you. This is especially important if you haven't been active. Generally it's recommended that for better health, people need 30 minutes of

moderate level physical activity on most, if not all, days of the week. You can even divide that 30 minute total into two 15 minute sessions. A well-rounded fitness routine includes cardiovascular workouts (aerobics), strength-training and stretching every week.

### How do I schedule exercise into my already busy schedule?

Convenience is the key to fitting physical activity into your life. You don't have to go to a gym or even set aside an exercise hour to gain the health benefits of exercise if you get more active in your everyday life. Here are some tips to sneak exercise into your day:

- Take the stairs instead of the elevator.
- Go for a walk during your coffee break or lunch.
- Do housework at a fast pace.
- Walk a lap around the mall before beginning to shop.
- At home or work, take a break and do some stretching exercises to release tension.
- Rake leaves or do some other yard work.
- Park in the last spot in the parking lot.

Exercise, with a well balanced diet, is one of the main contributors to health, wellness and emotional stability. Your physical well-being is the foundation of being your best. Make exercise a lifetime habit.

For more information on healthy lifestyle and HealthEast Women's Care contact Selina Blatz, CNP, Women's Wellness Coach at **651-326-7122** or visit us online at [www.healtheast.org/womens\\_care](http://www.healtheast.org/womens_care).

## Dental care

**Seeing a dentist** is more than saving a tooth. Recent studies suggest that your dental hygiene (the condition of your mouth) can affect your overall health. Periodontal disease has been linked to complexities in many medical conditions including diabetes and heart disease. With regular visits, your dentist becomes a primary source for the early detection of medical conditions. Better health starts with good oral health.

Members have stated that since they retired, they no longer have access to affordable dental insurance. The Minnesota Senior Federation and HealthPartners now offers several personal dental plans.

For more specific information on eligibility and cost please call **952-883-5600**.

# Ways to Wellness

**“Obesity is a complex,** multi-factorial chronic disease involving environmental (social and cultural), genetic, physiologic, metabolic, behavioral and psychological components. It is the second leading cause of preventable death in the U.S. Approximately 127 million adults in the U.S. are overweight, 60 million obese, and 9 million severely obese.” American Obesity Association [www.obesity.org](http://www.obesity.org).

The journey toward a healthier lifestyle is often a lonely one, whether you are starting a diet, trying to fit exercise into your schedule, or don't want to go to one of the expensive fitness or weight loss centers. That's one of the main reasons behind the creation of the new Ways to Wellness program at Woodwinds Health Campus. This 12-week weight management program, developed by a team of health experts at Woodwinds, and under the direction of a medical director, is personalized for your individual needs. Ways to Wellness features one-on-one attention from our registered dietitians who've also earned certification from the American College of Exercise (ACE) as personal fitness trainers.

The Ways to Wellness program success stories have a common theme – support, partnership and variety. “It wasn't just about a diet for once,” comments Kay Golembeck. “Ultimately, I needed to learn about

nutrition and have a better understanding of my body. The metabolic testing identified my personal calorie and exercise needs to lose weight. That was a real eye opener! Plus, Woodwinds helped me focus on managing my stress and creating balance in my life.”

The program includes the following components:

- Two wellness assessments, one at the start and one at the end of the program, including metabolic testing, body composition (body fat, BMI, waist/hip ratio) and fitness evaluations (strength, flexibility, cardio-respiratory).
- Regular individualized visits.
- Phone support and consultations as needed.
- A variety of education classes.
- Comprehensive wellness plan with personalized goals including diet and exercise plan based on your wellness assessment.
- Ways to Wellness workbook and tracking log.
- Ongoing weekly support meetings.

HealthEast Passport members will receive a \$50 discount off the \$400 regular fee for the personalized 12-week program. You may select an a la carte program of the services you desire. If you are interested in learning more, please call the Woodwinds Resource Center at **651-232-0901** or online at [www.woodwinds.org/waystowellness](http://www.woodwinds.org/waystowellness).

## Where you live (or travel)...

### You live in the Midwest when...

You've never met any celebrities, but the mayor knows your name.

Your idea of a traffic jam is 10 cars waiting to pass a tractor.

You have had to switch from “heat” to “A/C” on the same day.

You end sentences with a preposition: “Where's my coat at?” or “I will go with.”

When asked how your trip was to any exotic place, you say, “It was different!”

### You live in Arizona when...

You are willing to park three blocks away because you found shade.

You can attend any function wearing shorts.

You can drive for four hours in one direction and never leave town.

You know that “dry heat” is comparable to what hits you in the face when you open your oven door.

### You live in Florida when...

You eat dinner at 3:15 in the afternoon.

All purchases include a coupon of some kind – even houses and cars.

Everyone can recommend an excellent dermatologist.

Road construction never ends anywhere in the state.

### You live in Colorado when...

You carry your \$3,000 mountain bike atop your \$500 car.

## Seminars and services

### Keep your back healthy while you enjoy summer activities

This summer, attend one to three classes and learn what you can do to keep your back healthy. Whether you work or play outside, understanding how to prevent a back injury will help keep you active and decrease your chances of injury or re-injury. All classes are free, but space is limited.

### Preventing back injuries

Learn what causes back injuries and back pain and ways you can avoid injury while maintaining an active lifestyle.

May 8, 2007

Noon to 1 pm or 5:30 to 6:30 pm  
LIFEBACK Clinic at HealthEast Optimum Rehabilitation- Maplewood.

Call for reservations: **651-326-1940**

### Stabilization and stretching to prevent back pain

Learn how to stabilize your spine while you gain flexibility for moving well to prevent back pain.

May 22, 2007

Noon to 1 pm or 5:30 to 6:30 pm  
LIFEBACK Clinic at HealthEast Optimum Rehabilitation- Maplewood.

Call for reservations: **651-326-1940**

### Cardiovascular exercise: working your heart to help your spine

Learn how aerobic exercise benefits your back and how you can incorporate aerobic activities into your lifestyle.

June 5, 2007

Noon to 1 pm or 5:30 to 6:30 pm  
LIFEBACK Clinic at HealthEast Optimum Rehabilitation- Maplewood.

Call for reservations: **651-326-1940**

### Five Wishes and estate planning: two topics to help you make your wishes known

Making your wishes known is one of the most important decisions you can make in advance of a health care crisis. Planning your charitable giving is a way to express your values and goals. Bob Moravec, MD, HealthEast Medical Director, and Tara Mattessich, Attorney at Law, will lead a thought-provoking discussion that focuses on health care directives or Five Wishes, estate and gift tax issues, wills and charitable giving techniques that best fit each individual's estate planning goals. Join us and take an active role in planning your future.

Tuesday, June 19, 2007

10 am to noon

Bethesda Hospital, 559 Capitol Boulevard, St. Paul  
7th Floor Conference Room

**COST AND REGISTRATION - FREE** (includes Five Wishes document, refreshments and parking).

Registration is required.

Call **651-326-CARE (2273)**



## Upcoming events at City Passport • 380 Jackson Street, Suite 230.

### An old fashioned picnic Friday, June 29

Come to Mears Park for table and yard games, listen to live music, have delicious picnic food and enjoy the beautiful park in the summertime. The picnic starts at 10:30, fee includes picnic fare and entertainment. \$4. Please see page 11 to register.

### Veterans group

Meet and socialize with other veterans at City Passport. Refreshments will be served. The group meets at 10:30 am, every third Friday of the month (May 18, June 15, July 20...).

# Defensive Driving

**Passport sponsors** the National Safety Council's Defensive Driving Courses. Both the eight hour introductory course and the four hour refresher course fulfill Minnesota requirements for persons 55 and over to receive a 10% discount on their auto insurance.

## Four-hour refresher classes

Thursday, May 31 Woodwinds Health Campus	5:30 to 9:30 pm Auditorium A
Monday June 11 Bethesda Hospital	10 am to 2 pm 7th floor
Saturday, July 14 Woodwinds Health Campus	9 am to 1 pm Auditorium A
Wednesday, July 25 City Passport	5 to 9 pm
Tuesday, August 21 Woodwinds Health Campus	5:30 to 9:30 pm Auditorium A
Wednesday, August 29 Cardinal Point*	10 am to 2 pm
Monday, September 10 Midway Campus	11 am to 3 pm Conley room
Wednesday, October 24 Cardinal Point*	10 am to 2 pm
Wednesday, November 7 Woodwinds Health Campus	10 am to 2 pm Auditorium A
Wednesday, December 12 Cardinal Point*	10 am to 2 pm

## Eight-hour classes

Saturday, June 16 City Passport	9 am to 5 pm
Tuesday, October 9 and 16 Woodwinds Health Campus	5:30 to 9:30 pm Auditorium A

Pre-registration and payment is necessary.

### Cost:

Four-hour refresher, \$15 per person for members, \$20 for non-members.

Eight-hour course, \$20 per person for members, \$25 for non-members.

See back page for registration information.

### \*New location:

Cardinal Point, 3003 Hazelwood St., Maplewood

# Overnight trips

## Costa Rica

January 25 to February 2, 2008

More than one million tourists visit Costa Rica each year to enjoy its natural beauty and ecological diversity. Costa Rica provides habitat for over 10,000 kinds of flowering plants, 850 bird species, 3,000 butterfly species and 209 species of mammals. This is not just a sightseeing trip, but also a "sight doing" trip. We will explore this tiny country and experience its natural beauty as well as its cultural heritage. Our trip will take us to a town not frequented by tourists but rich in Costa Rican customs and culture.

Highlights will include:

Our adventure will take us from mountains to the sea as we visit an active volcano, a unique rainforest high in the clouds and a relaxing time on the Pacific ocean.

**Cost:** \$2,485 /double occupancy

The price includes airfare, hotels, transportation, admissions, tours, (as listed above), all breakfasts, dinners and lunches. Our escort, a Minnesota native, has visited Costa Rica for more than 30 years. Whether it's your first or 100th trip to the tropics, this trip will be unique and full of fun and adventure.

## Winter get away in the Mexican Riviera

March 8 to 16, 2008

Get away from the winter blues and lay out on the beach, snorkel, sail, golf, or relax. Enjoy a seven day cruise on the Carnival Pride. Arrive in Los Angeles, spend the night, and then travel to Cabo San Lucas, Mazatlan, Puerto Vallarta and then back to Los Angeles. Cost includes round trip air fare from Minneapolis/St. Paul, cruise and port charges.

**Cost:** \$1,699/double occupancy/interior cabin;

\$1,869/double occupancy/ocean view;

\$1989/double occupancy/balcony

## Informational seminars

**Tuesday, June 26**

Woodwinds Health Campus (Auditorium A)

6 pm Mexican Riviera      7 pm Costa Rica

**Wednesday, July 11**

Bethesda Hospital (board room)

9:30 am Mexican Riviera      10:30 am Costa Rica

To register, please call **651-232-2400**.

## Passport discounts

Remember to present your Passport card for the following discounts.

- **Associated Hearing of Saint Paul**  
651-646-2427  
393 N. Dunlap, Saint Paul  
15% off the purchase of hearing aids  
10% discount on hearing aid repairs
- **Copper Dome Restaurant**  
651-690-0993  
1333 N. Randolph Ave, Saint Paul  
15% off your bill (Tuesday-Friday)
- **Mayer Optical Shop and Low Vision Center**  
651-770-2975  
1736 Cope Ave. Maplewood  
15% Discount on any full pair of eyeglasses or pair of eyeglass lenses.  
Free low vision evaluation.
- **Midwest Hearing Aid Systems**  
651-645-0691  
St. Paul, Maplewood, Woodbury, Eagan  
15% off the purchase of a hearing aid
- **Natural Care Center**  
651-232-6830  
1875 Woodwinds Dr. Suite 100, Woodbury  
20% discount on retail products
- **St. Paul Opticians**  
651-770-2904  
Downtown, Midway, Maplewood, Eagan, West St. Paul, Roseville
- **Minnesota Children's Museum**  
10 West 7th Street, Saint Paul  
Purchase a general admission ticket through the Passport Program (651-232-2400) for \$4.  
Price at the door is \$8.

## Computer classes

### Are computers for me?

Do you have questions or anxieties about using a computer? Gain basic knowledge and practice on a computer. Previous computer skills not necessary.

Wednesday, July 11                      10 am to 11:30 am                      \$10

**Digital photography:** Download photos from your camera and improve them on your PC; learn the elements of good photography. Students' pictures will be shown and enhanced in each class. Prerequisites: Experience with MS Windows-based PCs and your digital camera.                      1 to 3 pm                      \$40

Part 1 Tuesday, July 10                      Part 2 Tuesday, July 17

Part 3 Tuesday, August 7                      Part 4 Tuesday, August 14

Optional sessions with the instructor will be held on July 12 and 19, and August 9 and 16 from 10:30 am to noon. No fee.

**Word processing\*:** Learn to create, save and print documents. Learn how to make text bold, underline, cut, copy, paste, and more, using Microsoft Word.

Wednesday, July 25                      1 to 4 pm                      \$15

**Wander the web\*:** Learn how to search the web to find almost any piece of information. Resolving difficulties you may have searching the Internet. One two-hour session.

Wednesday, August 1                      10 am to noon                      \$10

**E-mail\*:** Learn e-mail features and how to send e-mail to friends and family.

Thursday, August 16                      10 am to noon                      \$10

**Ten great web sites\*:** Visit some useful sites for seniors – plan a bus trip, reserve a library book, get a map to a restaurant, and more.

Wednesday, August 15                      1 to 3 pm                      \$10

\*Prerequisites: Experience with the mouse and the ability to open files.

All classes are held at City Passport, 380 Jackson St., #230.

You may register by phone if using your Visa or Master Card. Call 651-232-2400.

To register by mail, send the registration form on the back page and a check to: HealthEast Passport • 380 Jackson St. Suite 230 • St. Paul, MN 55101

**Cancellation Policy:** Refunds will be made if our office receives a cancellation notification 48 hours before the class date.

# Calendar of events

Refer to the registration form for pick-up information.

- Please register early. Trips have limited space available.
- If registering for more than one person, include all names, addresses and telephone numbers.
- Confirmations are mailed shortly before the event. You will be notified if the event is full.
- All participants must be HealthEast Passport members. Anyone 50 or better is welcome to call the HealthEast Passport office to register for membership.
- To speak to a HealthEast Passport staff member, call **651-232-2400**.
- Telephone reservations for trips are not accepted unless paying by Visa or MasterCard.
- Your payment secures your reservation.
- Refunds can be given for cancellations received up to 10 days before the trip.

## Woodwinds Walk

\$9

Thursday, June 14, 6 pm

Dan McGuiness, Director of the Audubon Upper Mississippi River Initiative will talk about how ordinary people can take care of the places they love. After dinner and the discussion, we will take a walk outside and experience the Woodwinds walking trail. See how they are preserving their environment in the city. We may see Great Blue Herons, Great Egrets, Wood ducks, a variety of song birds and possibly some hawks. Fee includes discussion and dinner.

## City Passport Picnic

\$4

Friday, June 29 – See page 7

## Les Miserables – Chanhassen

\$61

Saturday, July 7

Les Miserables is a musical, based on Victor Hugo's classic novel of the same title. The plot of the novel is suspenseful from start to finish, as it follows both Jean Valjean's and society's struggles with good and evil. Today Les Miserables is touted as the longest-running musical in the world and the third longest-running show in Broadway history. We have a limited number of tickets for this production. Fee includes transportation, lunch, performance and gratuities.

## St Croix Vineyards & Gasthaus

\$38

Wednesday, August 15 or Friday, August 24

Our private tour offers a behind-the-scenes look at the vineyards (weather-permitting) and will include a tasting of their wines, accompanied by cheese, crackers and fruit. Don't ruin your appetite because then it is on to the Gasthaus Bavarian Hunter Restaurant for lunch. A stop at Aamodt's Apple Orchard will end the day. Fee includes tour, lunch, transportation and all gratuities.

## Andiamo Boat Cruise

\$37

Wednesday, September 5

This cruise and deli luncheon on the St Croix River is always popular and fills quickly. Join us for a relaxing time on this scenic river. Fee includes transportation, cruise, lunch and gratuities.

## St John's University, Collegetown and St Cloud

\$41

Thursday, September 13

See the world's largest stained glass window at St. John's Benedictine Abbey Church, and visit the Hill Monastic Manuscript Library to see the St. John's Bible commissioned by the Vatican. After lunch at the University, we will tour Michlich Jones Granite in St. Cloud, and end with a walk through the Munsinger Gardens. Fee includes transportation, tours, lunch, "Johnny Bread" and gratuities.

## Fall Color train ride from Duluth to Two Harbors

\$61

Saturday, October 6

Enjoy the changing colors as you travel on a double-decker train car from Duluth to Two Harbors, where we will have lunch. On the way home we will give stretch our legs and visit stores in the Tanger Outlet Center in North Branch. Fee includes coach bus, train ride, lunch, snacks and gratuities.

## Whistle Down the Wind

\$86

Friday, October 19

This U.S. premiere, direct from London, is Andrew Lloyd Webber's Whistle Down the Wind, the story of Swallow, a 15 year old girl, growing up in Louisiana in the 50s, who discovers a mysterious man hiding out in a barn, and becomes convinced he is Jesus Christ. Award winning songs, powerful staging and epic storytelling. Fee includes transportation, play and gratuity.

# Registration form for HealthEast Passport events

Please send registration form and a separate check (if applicable) for each event to:

HealthEast Passport, 380 Jackson Street, Suite 230, St. Paul, MN 55101. Telephone reservations for trips and classes are not accepted unless paying by Visa or Mastercard. Your payment reserves your reservation. All participants must be Passport members. Anyone 50 years or better may call the Passport office at 651-232-2400 to register for a free membership. Confirmation letters are sent seven to 10 days before each event. Refunds will be given for cancellations received 10 days or more before each trip, unless otherwise noted.

Member name \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

Please indicate how many will be attending each event.

<input type="checkbox"/> <b>Woodwinds Walk</b>	<b>June 14</b>	<b>\$9</b>
<input type="checkbox"/> <b>City Passport Picnic</b>	<b>June 29</b>	<b>\$4</b>
<input type="checkbox"/> <b>Les Miserables</b>	<b>July 7</b>	<b>\$61</b>
<input type="checkbox"/> I will leave from Woodwinds Health Campus	9:55 am to 5:15 pm	
<input type="checkbox"/> I will leave from St John's Hospital	9:55 am to 5:15 pm	
<input type="checkbox"/> I will leave from Bethesda Hospital	10:10 am to 5 pm	
<input type="checkbox"/> <b>Vineyard, Apple Orchard</b>	<b>August 15</b>	<b>\$38</b>
<input type="checkbox"/> I will leave from Woodwinds Health Campus	10:10 am to 2:30 pm	
<input type="checkbox"/> I will leave from Bethesda Hospital	9:50 am to 2:40 pm	
<input type="checkbox"/> <b>Vineyard, Apple Orchard</b>	<b>August 24</b>	<b>\$38</b>
<input type="checkbox"/> I will leave from St John's Hospital	10:10 am to 2:20 pm	
<input type="checkbox"/> I will leave from Bethesda Hospital	9:50 am to 2:40 pm	
<input type="checkbox"/> <b>Andiamo</b>	<b>September 5</b>	<b>\$37</b>
<input type="checkbox"/> I will leave from Woodwinds Health Campus	10:30 am to 2:30 pm	
<input type="checkbox"/> I will leave from St John's Hospital	10:50 am to 2:15 pm	
<input type="checkbox"/> I will leave from Bethesda Hospital	10:20 am to 2:45 pm	
<input type="checkbox"/> <b>St John's University &amp; St Cloud</b>	<b>September 13</b>	<b>\$41</b>
<input type="checkbox"/> I will leave from Woodwinds Health Campus	8:10 am to 6:45 pm	
<input type="checkbox"/> I will leave from St John's Hospital	8:30 am to 6:30 pm	
<input type="checkbox"/> I will leave from Bethesda Hospital	8:30 am to 6:30 pm	
<input type="checkbox"/> <b>Duluth</b>	<b>October 6</b>	<b>\$61</b>
<input type="checkbox"/> I will leave from Woodwinds Health Campus	7:30 am to 6:30 pm	
<input type="checkbox"/> I will leave from St John's Hospital	7:50 am to 6:15 pm	
<input type="checkbox"/> I will leave from Bethesda Hospital	7:30 am to 6:30 pm	
<input type="checkbox"/> <b>The Ordway</b>	<b>October 19</b>	<b>\$86</b>
<input type="checkbox"/> I will leave from Woodwinds Health Campus	6:45 to 11 pm	
<input type="checkbox"/> I will leave from St John's Hospital	7:05 to 11:15 pm	
<input type="checkbox"/> I will leave from Bethesda Hospital	7:35 to 11 pm	

# Class registration form

**Pre-registration and payment is necessary.** To register using your Visa or Master Card call 651-232-2400. To register by mail, complete the form below and send to: HealthEast Passport, 380 Jackson St., Suite 230, St. Paul, MN 55101. Please include your driver's license number for Defensive Driving classes.

**Cancellation policy:** Refunds will be made if our office receives a cancellation notification 48 hours before the class date. Confirmation letters will be sent.

Name \_\_\_\_\_ Driver's license# \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Class \_\_\_\_\_ Date/Time \_\_\_\_\_ Location \_\_\_\_\_ Fee \_\_\_\_\_

Name \_\_\_\_\_ Driver's license# \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Class \_\_\_\_\_ Date/Time \_\_\_\_\_ Location \_\_\_\_\_ Fee \_\_\_\_\_  
Total \_\_\_\_\_



*Passion for Caring and Service*

For more information on additional HealthEast services:  
[www.healtheast.org](http://www.healtheast.org) | 651-326-CARE (2273) | 651-326-JOBS (5627)

727-0369 4/07

Address Service Requested

HealthEast Passport  
380 Jackson St. Suite 230  
St. Paul, MN 55101



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