



MILL CITY MUSINGS

From Groceries to the Guthrie: New Friendships Forged Through Member-to-Member Volunteer Program

Prior to his heart surgery, Mill City Commons member Lloyd Beebe was feeling alone and becoming more withdrawn. He'd recently returned to Minneapolis from several years in Greece and knew few people in the Mill District. Lloyd discovered Mill City Commons through its website and joined just before his surgery. Returning home, Lloyd knew he would need daily living assistance, specifically someone to help with grocery shopping. What began as a request posted on the MCC Member-to-Member Volunteer site has blossomed into a friendship and new neighborhood experiences for Lloyd and his member volunteer Leslie Van Duzer.



Lloyd and Leslie at the Mill City Farmer's Market

Leslie, a Professor of Architecture at the University of Minnesota, began grocery shopping for Lloyd a month and a half ago. Not long after, Lloyd began to accompany Leslie on grocery shopping trips to build up his strength. "Going shopping with someone else is exciting and meaningful to me," says Lloyd. Now Leslie and Lloyd do their shopping together twice a week, visiting Lunds on Friday and the Mill City Farmer's Market on Saturday. Both living alone, Lloyd and Leslie split fresh food and take advantage of two for one deals they'd previously ignored for fear of large quantities of food spoiling too quickly. Lloyd has also introduced Leslie to some of his favorite Greek delicacies. *Continued on page 2.*

Upcoming Events

Stand Up, Sip and Be Counted! It's election time! Join us for a hands-on demonstration of Ranked Choice Voting – used this year in Minneapolis city elections. We will use sample ballots to rank your favorite wines, courtesy of Sorella! [Click here](#) for details and to register.

Drop In Yoga A reminder that MCC members and guests are invited to drop in to the Mill City Commons Kundalini Yoga class at the Guthrie every Wednesday morning. For more information [click here](#).

Experience the Harvest If you have ever wanted to drive a tractor or watch a combine in action now is your chance! Join MCC at Spirit Farms, a 1300 acre corn, soybean, wheat and cattle farming operation owned by MCC members Larry Neumann Mary Margaret MacMillan, for a true fall harvest experience. [Click here](#) for details and to register.



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In addition to their shared culinary tastes, Lloyd and Leslie discovered they both have a passion for theater. Leslie helps Lloyd with transportation to the MCC play readings at the Guthrie and the two have attended several plays there, even closing down the bar at Sea Change after a performance of *Ella!* “We have much more in common than I realized,” says Leslie. “For someone my age it is important to realize how valuable inter-generational friendships are as it gives me great insight into the challenges and possibilities of aging.”

For Lloyd, discovering MCC and the Member-to-Member volunteer program “has been like a transition period for me. It’s given me new life and new energy. I feel like a new person.” This spring, only a few months after surgery, Lloyd plans to travel to Vienna and Salzburg, two cities Leslie recommended. “I feel like I can do it now,” he says. Joking that he now feels he live to can105 Leslie responds, “why not? You have no reason to think you can’t!” MCC’s wide range of program opportunities, connections, resources and support will be there to continue to ensure both Lloyd and Leslie’s lifetime of independent living.

Join the MCC Member to Member Volunteer Program:

To request volunteer services: e-mail emilyhutchinson@millcitycommons.org or call 612-455-3329

To sign up for volunteer opportunities: [Click here](#). Once you’ve reached the site please provide your e-mail address on the right hand side of the page. You will be provided with instructions for setting a password and signing in within 24 hours

Share your MCC experience!

Lloyd and Leslie’s story is just one of many we hope to collect via the Mill City Commons website. [Click here](#) to share yours!

Neighborhood Happenings

An Evening of Fine Wine and Fine Books. Tuesday, October 13, 2009, 6-8:30 pm. Minnesota Center for Book Arts

MCBA Board member (and MCC member) Cathy Ryan invites you to leisurely peruse new and exclusive book art represented by The Shop at MCBA. Sample a delectable variety of wines and cheeses while viewing the latest offerings from book artists across the nation and beyond. Please RSVP by October 10th at 612-215-2520. For more details [click here](#).

MCC Discounts at MacPhail

Stoke your passion for music! MacPhail is offering MCC members **\$25 off fees for New Horizons and MacPhail Singers**. In addition, MCC members receive a **\$25 discount on all daytime classes and lessons**. Please visit www.macphail.org to learn more.

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at emilyhutchinson@millcitycommons.org or call 612-455-3329