



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

August
2004

STPC Spring Luncheon

By Carol Hall and Jo Rolling

On Saturday, June 19, approximately 165 STPC captains, members and guests enjoyed a perfect tennis day, with 70-degree temperature and clear skies, to attend the Captain's Recognition, Dow Trophy Award, and Annual Meeting at the Town and Country Club. Jo Rolling and Rog Junker were there to greet the attendees and make sure they put their name tags on. Jack Wallin provided some musical background on the piano as well as being a captain in good standing.

Lunch was served promptly at 12:30 p.m., consisting of a spinach salad with strawberries, chicken breast,



rice pilaf, green beans, stuffed tomato and chocolate ice cream for dessert. As we were winding down from lunch, President Ken Landro strode to the podium and warmed up the audience with a joke. To tell you the truth, it wasn't all that bad!

The highlight of the luncheon was the annual Jack Dow trophy award. The traveling trophy is named after STPC founder Jack Dow. Recipients are STPC members who have given exceptional service to the club. President Ken introduced last year's Dow Award winner, Ronnae Wagner, who presented this year's award to Bob Tischbein. Among his many credits, Bob has been a public relations consultant to the board of STPC, a board member for five years, a member of the first Dow Tournament Committee and

(STPC Spring Luncheon—Continued on page 6)

Sign Up for Indoor Tennis

This issue of Senior Tennis Times has the 2004-2005 indoor tennis season schedules. Now's the time to look it over and decide where you want to play.

Old STPC hands know how this all works, but it might be confusing to our new members. If you fall into that category, read on. Here's the short guide to playing indoor tennis.

What are Regular and Substitute Players?

A regular player makes a commitment to play every week at a particular place and time. The other people signed up at that location depend on you to show up so that there is the correct number of people present

(Indoor Tennis—Continued on page 7)

Fall-Winter Court
Schedule Page 14!

Upcoming Events

October 25, 2004
Fort Snelling Tournament / Party

December, 2004
Holiday Party

February 12, 2005
Valentine Party

April, 2005
Bolger Clinic

Senior Tennis Players Club, Inc.
A nonprofit corporation, P.O. Box 385434,
Bloomington, MN 55438

Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

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Advertising

Send digital files by disk or e-mail dsommer7@earthlink.net to David Sommer by the 15th of the month for publication the following month. Please send all payments to the newsletter editor. We can create an ad for you for a \$20 fee.

Ad rates are:

Full page (7x9 in) \$100

Half page (7x4.5 in) 75

Quarter page (3.5x4.5 in) 50

Eighth page (3.5x2.5 in) 30

Classified ad

(members only, max 4 lines) 15

2-line ad (members only, 50 spaces/line)

First three months.....free

After three months, per issue\$5

Publication Deadline

Submit articles to David Sommer by the 20th of the month for publication the following month. All material submitted for publication is subject to editing.

Membership information changes

Can be made by writing Senior Tennis Players Club, P.O. Box 385434, Bloomington, MN 55438, or email to SBrow29991@aol.com

Membership total: 1583

August 2004, Volume 17, Number 6



Two-Liner Want Ads

These two-liner want ads are available to all STPC members. Your ad is free for three issues. After that, there is a charge of \$5 per publication. Your check should be payable to STPC and sent to David Sommer with instructions.

Interested in Head racquets and clothing? Consult Percy Hughes at 612-866-1102 for what's best for you.

Epson Compatible Inkjet Cartridges. Epson S020187 black \$3 and S020191 color \$5. 612-276-1313. dsommer7@earthlink.net.

Motorcycle—1978 Triumph Bonneville Black w/Red, excellent condition. 11,000 miles, \$3250 or bo. 612-794-9252.

Handyman Services. Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, rthompson111@earthlink.net.

2 Greek homes 3BR/2.5BA, near Nafplio, furnished, \$780/week. MN owned. Sally Howard 612-340-9706.

Singles tennis 3.0, Apple Valley/Burnsville vicinity. Call Joan Farber 952-891-3882.

1937 Cord 812 conv Phaeton, full-size replicar 76 Buick V6 auto rwd mwoolley15@aol.com 651-452-1691

STPC Member Discount at Riverside B&B! Call Cris at 715-792-2509. www.RiversideAffiliates.com

Make your house smile again! Organize with my help. Nancy, the Clut-

(Want Ads—Continued on page 3)



Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 20th of the month for publication the following month.

Send your submissions to: David Sommer, 3657 17th Avenue South, Minneapolis, MN 55407-2805. dsommer7@earthlink.net.

If you have an idea you would like to see written up, or if you would like to write an article, call or e-mail David Sommer. We need help and input from writers and photographers.

Percy's Tennis Rhythms

By Percy Hughes



Well—are we all enjoying the great Minnesota outdoor activities? Mostly tennis, I hope, but I don't have anything against fishing, golfing, hiking, etc., as long as tennis is our priority. We had a great Jack Dow tournament, and as I start this August column, I'm

planning on watching the first day of the French Open tournament, which is to be televised this morning. I urge all club members to watch as much as possible. Don't just watch the ball—from time to time, just watch the player's body mechanics; such as (1) their shoulder turn, (2) the racquet back, (3) stepping to the ball, (4) contacting the ball and following through. I have a favorite saying that I heard many years ago from a great pro (I'm pretty sure it was our mentor, Roger Boyer) "See the ball to the strings." I'm sure many of my students have become tired of hearing me say that, huh. J J J

A reminder for anyone having had a debilitating injury or surgery that will take TLC (Tender Loving Care) and time to heal. Mind you, after your doctor tells you that you can start back playing, I suggest you start with the Owies program that Roger Boyer and I have started. It is for those who should have supervised drills to begin with, until they're sure their bodies are pretty much back to normal. It's a very wise way, and your body will "thank you" later. This session is every Thursday at Reed/Sweatt, 12:30 PM. Check in at the main counter.

Our instructor, Paul Stormo's new intense training program is a real winner—I'm sure it's here to stay for our club members. There's an application in this newsletter for the August 27 session. Paul is a total instructor, in the mold of two of our most capable and

popular instructors, Ernie Green and Connie Custodio, both members of this Region's Hall of Fame as instructors and players. They've both passed away, but I'm sure they're still involved with this great game, and are on the same team.

I see only one problem with Paul—we should have him sign a contract to stay off the Ski Slopes—we don't want him to injure himself—just allow him to cross country ski. J J J

I've been teaching classes for our club since its very beginning (1982), and quite often at board meetings I've asked our board members to come to some of our lessons, participate, and be introduced to our new members—some just learning the game, some experienced. The experienced players I use as role models, which goes over fine, in the eyes of newer players—follow me? Don't get me wrong—I'm not saying a board member has to be able to be a role model—just to be introduced to incoming members I think is important, and meaningful. Today, (June 2nd, at Bryant Park), board member Sally Browning came to the drills and fit in perfectly with the class. I introduced her, and she was well received. (Gosh, I didn't let her give a speech!) Now she's feeding balls to some of the newer players. It gives you a good feeling, Board Members—try it. Call me, huh?

Going to sign off now. As I finish this column for August, Wimbledon has just finished. The Americans did better this tournament than in the French: three of the four singles finalists were American, if we can claim beautiful Maria Sharapova, who came here from Russia as a seven year old. Final results: Maria Sharapova defeated Serena Williams, and Roger Federer defeated Andy Roddick. Great tennis—hope you watched both matches! Meantime—*No Foot Faults!!*

Perc

(Want Ads—Continued from page 2)

ter Therapist. 612-861-3278

FL Keys condo rental for one person. Will alternate use with owner. Hubert Van Dyke 952-836-0428.

Wilson Sledge Hammer Outer Limit 4³/₈ grip. Pd \$200, sell \$50. Ottemrg8@aol.com, 651-739-9773.

Cancun, Feb 12-19 5* Royal Caribbean. On ocean, penthouse, tennis, pools. 2 persons \$600. 612-823-0304.

New Head Intelligence I.S 12 Tennis Racket. 4¼ grip. New string. Pd \$125. Sell \$50. Gigi 952-897-0811.

Improve your game with a Lob-Ster tennis ball machine. \$250. Dean at 952-828-9506.

New 3BR home, Las Vegas, Sun City retirement community; golf/tennis; available Fall '04; purchase \$365,000/rent \$1,500/mo. Call Art (763) 784-9716.

Intense Drills for STPC Members

By Paul Stormo

The four hour intense drill sessions announced in the June/July Newsletter are now operating successfully. The June 25 and July 30 drills were filled to our capacity of 24 players. Here are a few comments from the players.

“Great job – I’m not usually so positive.”

“Very enjoyable.”

“Excellent new program.”

August 27 is the date of the next session to be held at the Oakdale Tennis Club on 1201 Ford Road in Minnetonka. The Oakdale Tennis Club, located near the southwest corner of highways 394 and 169, is part of the Northwest Athletic Club group, but you need not be a member to take part in the August 27 session. The time for all of our sessions is 8:00 AM until noon.

The sessions will be limited to one instructor and six students per court with a maximum of 24 students per session. (First come, first served) The cost for the four hour session is \$36.00 through August and \$40.00 from September through May (winter season).

The winter drills will be held at the Fort Snelling Tennis facility. The following firm dates have been established through the end of the year:

September 24, 2004

October 29, 2004

December 3, 2004

All STPC members are in-

ited to join the drills. All levels of tennis skills are accepted as students will be divided into groups by skill level. If you have any questions please contact any one of the STPC Instructors listed below:

Jim Erler	(952) 471-9750
Paul Stormo	(952) 944-6286
Percy Hughes	(612) 866-1102
Duncan Welty	(952) 933-8592
Duane Ryman	(612) 865-9517



APPLICATION FOR STPC INTENSE DRILLS

DATE OF SESSION REQUESTED: _____

NAME: _____ AGE _____

ADDRESS/CITY/ZIP _____

TEL: _____ E-MAIL: _____

STPC TENNIS RATING: _____ USTA RATING: _____

(If you have one.)

*ANY SPECIAL HEALTH OR PHYSICAL CONSIDERATIONS: _____

*Please inform us if you have recently had a knee/hip replacement, bypass surgery, etc.

Send application and check for \$36 (August) or \$40 (September through December), payable to STPC, to:
Paul Stormo / 6200 Balder Lane / Edina, MN 55439 (952) 944-6286

●● STPC Free Lessons and Drills—All Levels ●●

Some court locations are subject to change during the season. No reservations necessary and no fees are charged.

Location	Day	Start	Time	Instructor	Phone
Bass Lake Beltline Road & 36th St. St. Louis Park	Thurs	5/6	8:30-10:00 AM	Percy Hughes	612-866-1102
				Paul Stormo	952-944-6286
Bryant Courts 85 th and Bryant Ave. S. Bloomington	Wed	6/2	8:30-10:00 AM	Percy Hughes	952-831-2872
Breck School 123 Ottawa Ave. Golden Valley	Tues	5/4	5:30-7:00 PM	Jim Erler	952-471-9750
	Wed	5/5	5:30-7:00 PM	Laurie Koslak	952-939-9785
				Duncan Welty	952-933-8592
McKnight Field North St. Paul High School N.E. corner Hwy 36 and McKnight Rd	Wed	5/5	9:00-10:30 AM	Tom Bauman	651-738-6726

Free Lessons. Twelve free lessons are offered as part of your STPC membership. New members are encouraged to take advantage of them. After twelve lessons, you will receive a free can of balls and a certificate of accomplishment and congratulations from the STPC president. You should notify your instructor when you have completed twelve lessons.

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Phone
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S. Minneapolis	Tues	\$5.50	9:00-10:00 AM	612-825-6844 Call for reservation.

****Additional classes for all skill levels available, open to seniors and younger players.**

Roger Boyer Out

Rotator Cuff Surgery

Roger Boyer, our Director of Training, had surgery on June 24 to correct a rotator cuff problem. His doctor tells him he'll not be back on the court before the end of August.

We wish Roger a speedy and complete recovery, and look forward to his return.

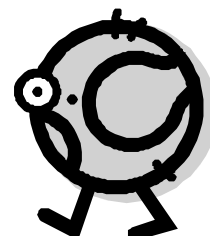
In this issue see the article "Preserve the Serve," by physical therapist Terry Buisman. It illustrates an exercise that may help you avoid shoulder pain and restore greater range of motion. Also, remember to do your warm-ups, including *gentle* shoulder rotations.



Those Used Tennis Balls

What to do with them? Well, you can let them sit around, hoping maybe you'll need them again. But a better use is to give them to Reed-Sweatt Family Tennis Center. I asked manager Mike Vidmar, "Would you like our members to bring once or twice used balls to you for use by Inner City Tennis?" Mike said "Yes, that would be great! Also, we give some used balls to the Minneapolis City Conference Schools to assist in defraying the costs of their budget woes."

Captains: rather than handing out used balls to players, have someone drop them off at Reed-Sweatt.



(STPC Spring Luncheon—Continued from page 1)

has served each succeeding year, a tennis captain for ten years, chairman of the captain's dinner for two years and president of STPC for two years. But, maybe most importantly, he promoted the Community Tennis program to Senior Tennis. Along with Ron Liddiard, Rod MacPherson and the captains, this program brought over \$60,000 to our club.



Bob attended the luncheon with his wife Jane and two of his four children. He also has ten grandchildren and a dog. In his acceptance speech, he referred to tennis as the “greatest of all sports in that it provides exercise, fun, and friends.” He thanked all of the captains, the parties and the Bolger Clinic. He acknowledged the Senior Tennis Times for the Newsletter and also made note that we are the largest Senior Tennis Club in the U.S. with approximately 1560 members. He also encouraged members to volunteer, citing that many marriages among members resulted from volunteers who met while working together!

President Ken then introduced David Sommer, Newsletter Editor, who acknowledged captains by saying: “Captains, you make Senior Tennis Players Club work. Without you, what would we have? A few special events each year, and not much more. But with you, we are able to give our membership the opportunity for year around play at an affordable cost. Probably half of our members couldn't afford the high cost of a Northwest club membership, so their tennis would be limited to occasional summer days. You make it possible for hundreds of seniors to get healthy exercise and social interaction. Truly, you improve the quality of life for many of your fellow seniors.”

Bob Sloan was recognized as an outgoing STPC board member and also for his work in the Inner City Tennis program. He had some very gracious words to say regarding that program. He noted that active participation in Inner City Tennis promotes community in-



Bob Sloan, Ken Landro, and Edie Greene

volvement which can lead to government interest. Edie Greene, Ernie Greene's widow, spoke briefly on behalf of St. Paul Urban Tennis. She feels it promotes good citizens.

Ken also thanked Roger Boyer and Percy Hughes for the clinics, parties, and “Owies” program that Percy inspired for players trying to get back in the game after suffering an illness or injury.

Roger Junker, treasurer of STPC, then passed out copies of the treasurer's report to attendees and gave a brief talk. He stated that the treasury is in good shape, and in particular we have enough money to last the rest of the year ...whew! He reported we earned only \$400 in interest last year, but expect to earn about \$1150 this year due to prudent investment choices he recommended and the Board approved. We have about 1493 paying members in 2004—down 13% from last year.

President Ken had STPC member Marv Schneider come to the podium to thank him for securing a \$3500 contribution to STPC from GMA Corp., the company Marv works for. It seems that if an employee volunteers enough time to a non-profit organization, GMA Corp. can donate on their behalf. It would seem to be worthwhile for all of us to check this out with the companies we are or have been affiliated with to see if they offer similar funding. Thanks, Marv!

A very big **thank you** goes to Alice Weides who chaired the event. Her theme this year was black and white. Beautiful white daisies graced the tables, there were favors for each person and Alice herself dressed in black and white. She gives much credit to her vice-chair Carol Shields and to Jo Rolling for reservations, Jack Wallin who entertained on the piano, and Dave

(STPC Spring Luncheon—Continued on page 7)

(Indoor Tennis—Continued from page 1)

to play doubles on all courts. If you don't show up and don't find a substitute to take your place, they're forced to play three on a court or singles, and that isn't always fun.

If you want to play but can't make a commitment, you can be a substitute player. Substitutes play when regulars can't show up, for instance when they are on vacation or sick. You can sign up as a substitute at several times and locations to increase your chances of playing frequently.

How Do I Sign Up to Play?

First, look over the schedule in the back of this issue. Find a location and time that looks good to you. Then call the captain listed and sign up as either a regular or substitute. Act soon—many people play at the same time and place every year and places fill up fast.

How Much Does It Cost?

The cost to play as a regular varies from location to location. Another bonus of playing as an STPC member is that you don't have to pay hundreds of dollars in

club membership fees. What a deal!

I Still Have Questions—Who Should I Talk To?

Talk to the court captains for more information on starting dates, fees, rotation of playing, and anything else about playing at that captain's location. Captains run their sessions differently, so be sure to talk to the captain of the session you're interested in.

What's This About Free Lessons?

An important objective of STPC is to encourage more people over 50 to learn and appreciate tennis. So every new member is entitled to twelve free lessons from our own STPC pros (you do have to pay a nominal court fee; the lessons themselves are free).

You don't have to commit to a set series of lessons—just pack your racquet and show up. Balls are provided.

There's a listing of lessons and drills in every issue of the Times. Check it out! If you have any questions about the lessons, just call the instructor listed in the schedule. He/she will be glad to talk with you.

(STPC Spring Luncheon—Continued from page 6)

Howard for his photography prowess. Other volunteers were Carol Mader, Lorrie Burt, Dot White, Dotti Brazeal, and Jean Murdock.

In closing, President Ken advised the attendees that the board voted to add the following to our STPC mission statement: "and to support the growth of tennis". Open comments included Bill Connell who encour-

aged members to volunteer for the Inner City Tennis program, and Tom Quitter, a Wooddale captain, who urged other captains to contribute their old tennis balls to this program.

The luncheon ended with President Ken's "Lutheran - Airline" joke. Golly, it was darn near as good as church supper hot dish!

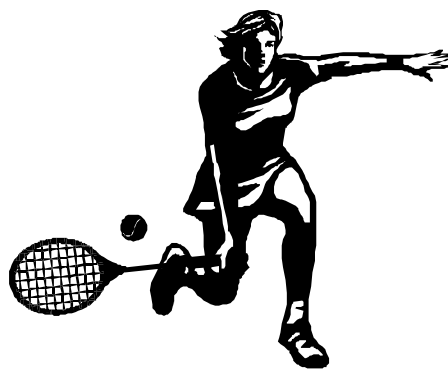
Bolger Clinic

By Bob Busch

On Tuesday, June 1st, following the long Memorial Holiday weekend, Roger Boyer and several of the Reed Sweatt Family Tennis Center teaching pros conducted an active playing and hitting clinic. Over 60 senior tennis players participated.

The tune-up clinic for summer play included three 50 minute segments of drills and doubles play. The work out and learning experience was a benefit to all who participated. A wonderful luncheon at courtside followed the clinic.

Alice Weides lead the committee that organized and delivered the Bolger Clinic. Her committee included Dotti Brazeal, Bob Busch, Jackie Darst, Tom Fischer,



Bill Sturm, Carol Shields and Bob Sloan.

Roger Boyer, Director of Inner City Tennis, said "The feedback we got from participants was that this was the best clinic ever. They felt they got more instruction and more play than in past years, and they especially enjoyed the mix of pros provided. We are all looking forward to doing it again next year."

Roger Junker, our STPC Treasurer, said "I thought the Clinic was well planned and organized. From their name tags, attendees knew which court they belonged at and when. The drills were instructional, useful, and fast-paced—little standing around. Lastly, the lunch was delicious! A huge success in my book. The committee did excellent work."

Preserve the Serve

Terry Buisman PT

Loss of mobility about the shoulder and upper trunk are common in the slow regression of one's overhand serve. This process is usually postural in nature as one notes an increased curvature in the upper back, rounded shoulders and a forward head position. One can thank all those years at a desk and that soft unsupported couch in the family room where many Wimbledon and US Open championships were appreciated.

To combat this problem, **arm circles** can be implemented. These will help maintain end-range shoulder mobility as is necessary for effective velocity, as well as extension (backward bending), and rotational movements through the trunk which are crucial for power generation.

Like all stretching and mobility exercises, there should be no discomfort with their application. If discomfort occurs, discontinue and consult with your physician or physical therapist. Move slowly attempting to enhance motion at every joint involved in the motion pattern. 10-20 repetitions daily, in each direction, will provide discernable improvement in a few weeks.

How to do arm circles: Lie on the non-dominant side, dominant hand on the hip, palm down. With the help of a forward rotated trunk reach forward placing the palm



Fig 1

on the floor in front of you (fig 1), creating as large an arc as able as the hand slides along the floor ultimately toward a position where the hand and arm are overhead (fig. 2). At a point of mild tightness, pause for 3-5 seconds. Reverse the process, sliding the hand to the starting position at the hip. Proceed in the opposite direction by turning the palm upward and placing it on the floor behind you with the assistance of as much trunk rotation as is necessary. Slide the knuckles



Fig. 2

along the floor toward (fig. 3) an overhead position, again stopping at a point of mild tightness (stop immediately if there is pain). Pause once again for 3-5 seconds and repeat in the opposite direction, making gains in overhead motion as able. If the motion pattern behind the back is difficult, place a large pillow on the ground and slide over the top. Remove the pillow as mobility improvements are made. The goal is to describe the entire circle (in both directions) without pain. This may take many weeks to accomplish.



Fig. 3

Shoulder Specialty Clinics Minneapolis/Edina



Providing nearly 20 years of exceptional physical therapy care for conservative and post-surgical shoulder cases.

Consultation may require a referral from your physician.

Terry Buisman PT

Trevor Erlandson MSPT

Minneapolis, Medical Arts 612-339-2041

Edina, Southdale 952-922-0330



ORTHOPEDIC REHABILITATION SPECIALISTS, INC.
Physical Therapy for the Twin Cities

Senior Clay Court Tourney

By Bob Busch

Plan to switch your tennis playing surface to clay in August and make it easier on those "senior" bodies.

The InnerCity Tennis Foundation is again offering an opportunity to play on the beautiful clay courts of Bearpath Country Club for the third consecutive year. The week of tennis at Bearpath will include two separate tournaments. In addition to the USTA sanctioned Men's Senior Clay Northern Sectional, ICT will offer a

one day senior men's and women's fun clay court challenge.

The USTA sanctioned tournament offers competitors regional and national recognition. This tournament will begin on Sunday, August 15th and will be completed by Friday, August 20th. It will include men's singles and doubles in ages 55, 60, 65, 70, 75 and 80. All matches will be in accordance with USTA tournament rules and regulations. You must be a member of the USTA to participate. Weekday matches will start at noon and

(Senior Clay Court Tourney—Continued on page 10)

USTA Northern Tennis Association Men's Senior Clay Sectional

A Benefit for the Inner City Tennis Foundation

WHAT: A men's singles and doubles tournament sanctioned by the USTA.

WHERE: Bearpath Country Club, Eden Prairie. From Hwy 212 go west 2.8 miles to Dell Road. Go north (right) 0.6 miles to the Club entrance. On tournament days, telephone 952-975-0123 ext. 256.

WHEN: Sunday August 15 through Friday August 20.

WHO: All men 55 and above with divisions at 55, 60, 65, 70, 75, and 80.

COST: \$35 for singles and \$60 for doubles team, payable to Inner City Tennis. Additional contributions to help inner city youth are greatly appreciated.

AWARDS: Prizes will be awarded to winners and runners-up in all divisions.

DATES: Entries close on Wednesday August 11. Notification of first match by August 13.

RESTRICTIONS: All entrants must be USTA members. To enroll, call 1-800-990-8782.

ENTRY FORM

Name: _____

Address/City/ZIP: _____

Home Phone: _____ Email: _____

USTA Number: _____ Birth Date: _____

Doubles Partner Name: _____

Address/City/ZIP: _____

Home Phone: _____ Email: _____

USTA Number: _____ Birth Date: _____

Please circle all that apply:

55 Singles 60 Singles 65 Singles 70 Singles 75 Singles 80 Singles
55 Doubles 60 Doubles 65 Doubles 70 Doubles 75 Doubles 80 Doubles

(Entries limited to one singles and one doubles.)

Waiver: I, hereby, for myself, heirs, executors and administrators, waive and release all rights and claims for damages against the Inner City Tennis Foundation, the USTA, and Bearpath Country Club, and/or their respective agents, representatives, successors and assignees for any participation in this event.

Signature Required: _____

Mail form and entry fee to: Inner City Tennis, Clay Court Tourney, 5229 Duggan Plaza, Edina, MN 55439.

(Senior Clay Court Tourney—Continued from page 9)

where possible, all matches in the 55 and 60 age groups will be scheduled after 4:00 pm.

The men's and women's clay court challenge tournament will be held on Saturday August 21st starting at 8:00 am. This non-sanctioned senior tournament is restricted to players 55 and older. Entries to this tournament will be limited to 18 doubles teams (first come, first serve.)

Entry fees for these tournaments and donations are

considered a deductible contribution to the InnerCity Tennis Foundation. ICT supports programs serving over 3,000 youth. Programs are offered in Minneapolis parks during the summer and at various locations during the indoor season. ICT programs emphasize life skills along with tennis instruction.

Please see the tournament applications in this newsletter or call Bob Busch 952/941-1204, tournament director or committee members Larry Greely 952/888-7509, Duane Ryman 612/865-9617, Paul Stormo 952/944-6286 and Duncan Welty 952/933-8592.

Men's and Women's Fun Senior Clay Challenge

A Benefit for the Inner City Tennis Foundation

WHAT: A men's and women's round robin doubles tournament. (Non sanctioned.)

WHERE: Bearpath Country Club, Eden Prairie. From Hwy 212 go west 2.8 miles to Dell Road. Go north (right) 0.6 miles to the Club entrance.

WHEN: Sunday August 21, 8:00 AM to 4:00 PM.

WHO: All men and women age 55 and above.

COST: \$40 for each doubles team, payable to Inner City Tennis. Additional contributions to help inner city youth are greatly appreciated.

AWARDS: Prizes will be awarded to winners of each round robin.

DATES: Entries close on Wednesday August 11.

RESTRICTIONS: None. A willingness to compete is the only requirement.

ENTRY FORM

Name: _____ Age: _____

Address/City/ZIP: _____

Home Phone: _____ Email: _____

Senior Tennis Players Club Rating: _____ USTA Rating: _____ (If you have one)

Doubles Partner Name: _____ Age: _____

Address/City/ZIP: _____

Home Phone: _____ Email: _____

Senior Tennis Players Club Rating: _____ USTA Rating: _____ (If you have one)

Waiver: I, hereby, for myself, heirs, executors and administrators, waive and release all rights and claims for damages against the Inner City Tennis Foundation, the USTA, and Bearpath Country Club, and/or their respective agents, representatives, successors and assignees for any participation in this event.

Signature Required: _____

Mail form and entry fee to: Paul Stormo, 6200 Balder Lane, Edina, MN 55439.

STPC Membership Changes, Renewals, and New Members
August 2004
(NOT INCLUDED IN WEB VERSION TO PROTECT PRIVACY)

STPC Membership Changes, Renewals, and New Members
August 2004
(NOT INCLUDED IN WEB VERSION TO PROTECT PRIVACY)

Do sunglasses prevent cataracts?

By UCare Minnesota

Sunlight warms your face, brightens your outlook, and turns the murky surface of a lake into a sweep of glittering gold. It can also cause cataracts.

There are two bands of harmful ultraviolet rays in sunlight—UVA, and its possibly more dangerous counterpart, UVB. Continued exposure to UVB rays is one of the known causes of cataracts, a gradual clouding of the lens that destroys vision.

The sun's damage to the eye doesn't stop with cataracts. Exposure to both visible light and UV radiation is also a factor in the gradual degeneration of the retina and in sunburn of the cornea, called "snow blindness."

"The effects of sunlight on the eye are cumulative and depend on the length of time you spend in the sun," says Barry Baines, MD, Chief Medical Officer for UCare Minnesota. He notes that "farmers develop cataracts sooner than office workers and people who live in the tropics get them at a much younger age than northerners."

Experts say that sunglasses can prevent cataracts. UCare recommends wearing them whenever the light is bright enough to make you squint, even on cloudy days, and especially at high elevations.

Tips from UCare on how to buy the right pair of "shades"

► Sunglasses should be dark—dark enough to block at least 75% of visible light. For activities where high glare is a problem, look for even darker sunglasses that absorb 90%. Labels on sunglasses usually list light absorption figures – if they don't, try the sunglasses on in the store and look in a mirror. If you can see your eyes easily, the sunglasses aren't dark enough.

► The best color for sunglasses are gray, green, or brown. Gray lenses do not distort primary colors so they are good for driving. Green lenses let the maximum amount of useful light reach the eyes on an overcast day, and brown lenses sharpen detail and provide protection against glare.

► The lens of the sunglasses should be free of distortion. Hold the glasses at arm's length and look through them at a straight line in the distance, such as the edge of a door. Slowly move the lens across the line. If the straight edge wiggles or curves, the lens has imperfections.

► Sunglasses should absorb 99% or more of UV rays. Again, read the labels. Manufacturers of quality sunglasses generally provide accurate ultraviolet absorption information. If you're in doubt, ask the advice of your eye-care professional.

► Sunglass extras: Wrap-around frames protect your eyes from all angles – a good choice if you are in the sun all day. Polarized lenses cut reflected glare—perfect for skiing, boating, and the beach.

► Sunglasses don't have to be expensive to do their job. One study found that, on average, the best sunglasses cost about \$1.50 more than the worst..

UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving more than 130,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare+Choice product for Medicare beneficiaries in the metropolitan area and adjacent counties; UCare SeniorSelect, a Medicare Select product; and Minnesota Senior Health Options for seniors eligible for Medical Assistance with or without Medicare. For more information, visit www.ucare.org or call 612-676-3500 or 1-877-523-1518 (toll free). If you are hearing impaired, please call our TTY line at 612-676-6810 or 1-800-688-2534 (toll free).

Bollettieri Tennis Clinic

By Bob Busch

Nick Bollettieri conducted tennis clinics for juniors and senior citizens on July 7th at Martin Luther King Park in Minneapolis. Bollettieri is one of the coaches who helped 17 year old Maria Sharapova reach the top with a win over Serena Williams in the Wimbledon final.

Sharapova began training under Bollettieri at the age of 7, shortly after she arrived in this country with her father, Uri, from Siberia. Other students from his academy include Andre Agassi, Monica Seles, Venus &

Serena Williams, Pete Sampras, Bjorn Borg and Martina Hingis.

Bollettieri indicated that inner-city programs are very important for the future of tennis. He was quoted in the Star Tribune... "nobody has a better program than Minneapolis. There's no finer junior program in the whole country than this program. It shows that senior citizens care about the children. Because you don't have a budget big enough to be able to teach them without the help of volunteers."

For more information about volunteering to help with the Inner-City Tennis program contact Roger Boyer at the Reed Sweatt Family Tennis Center at 612/825-6844.

2004-2005 Fall/Winter Indoor Court Schedule—Senior Tennis Players Club

●● ST. PAUL AREA ●●

Players: Check with Captains for Start Dates

For corrections or changes for St. Paul and suburbs call Darlene Moynagh 651-436-8927

Location	Day	Time	Cts	Skill	Captains	Phone
Lilydale Racquet Club 945 Sibley Memorial Hwy Lilydale Facility Coordinators Dot Guenther 651-457-4682 Nancy Karasov 651-452-3172	Mon	7:30-9:00 AM	2	2.0 M/W	Pat Palmer	651-686-6780
	Tue	7:30-9:00 AM	2	2.5-3.0 M/W	Bunny Dougherty	651-454-1353
	Wed	7:30-9:00 AM	2	2.5-3.0 M/W	Ginny Stockwell	651-690-1840
					Dodie Greig	651-687-9139
	Thu	7:30-9:00 AM	2	2.5-3.0 M/W	Mary Barrett	651-225-9708
	Fri	7:30-9:00 AM	2	3.0-3.5 M/W	Sam Smith	952-432-5262
					Bob Kelly	651-452-0244
Oakdale Golf and Tennis 5115 Hadley Avenue N St. Paul Facility Coordinator NEEDED!	Mon	8:00-10:00 AM	3	2.5-3.0	Captain(s) Needed	
		10:00-12:00 PM	3	2.5-3.0	Patsy Sipple	651-484-5743
		4:00-5:30 PM	2	3.0-3.5 Open	Shirley Kresko	651-603-4948
	Wed	8:30-10:30 AM	3	3.0-3.5 M/W	CAPTAIN NEEDED	
		2:00-3:30 PM	2	3.0-3.5 M/W	Matt Little	651-773-8141
	Fri	8:30-10:30 AM	3	3.0-3.5 M/W	Erika Plagemann	651-633-0466
		10:00-12:00 PM	2	3.5 M/W	Connie Waterous	651-291-1610
					Gordy Manaige	651-429-4046
		1:00-3:00 PM	1	2.5-3.0	Les Anderson	651-735-3953
St. Paul Indoor Tennis Club 600 Desoto, St. Paul Facility Coordinator Jack Wallin 651-457-2266	Wed	7:00 9:00 AM	3	3.0-3.5 M/W	Richard Narjes	651-793-8092
	Fri	7:00 9:00 AM	3	3.0 M/W	Clarence Krueger	651-698-7259
White Bear Racquet Club 4800 White Bear Avenue White Bear Lake Facility Coordinators Ed Wensman 651-429-3683 Jim Rausch 651-429-3091	Mon	7:00-8:30 AM	3	3.0-3.5 M	Jim Rauch	651-429-3091
	Wed	7:00-8:30 AM	2	3.0-3.5 M	David Howard	952-525-2252
	Fri	7:00-8:30 AM	3	3.0-3.5 M	Ed Wensman	651-429-3683
Wooddale Recreation Ctr 2122 Wooddale Drive Woodbury Facility Coordinator NEEDED!	Mon	8:00-10:00 AM	3	3.0-3.5 M/W	Mary Wenz	651-457-5347
					Darlene Moynagh	651-436-8927
		1:00-3:00 PM	3	2.5-3.0 W	Dee McPhillips	651-451-6301
	Tue	1:00-3:00 PM	2	3.0 M/W	Tom Quitter	651-779-1861
		1:30-3:00 PM	1	2.0-2.5	Carol Mader	651-735-8707

Location	Day	Time	Cts	Skill	Captains	Phone
Wooddale Recreation Ctr (Continued)	Wed	10:00-12:00 PM	2	2.5-3.0 M/W	Connie Villars	651-457-1650
					Bob Gatti	651-777-7580
	Thu	8:00-10:00 AM	3	3.0-3.5	Darlene Moynagh	651-436-8927
					Mary Wenz	651-457-5347
		1:00-3:00 PM	3	2.5-3.0 M/W	Gloria Dombroch	651-738-9449
					Pat Nedeau	651-730-1710
	Fri	8:00-10:00 AM	2	2.5-3.0 W	Virginia Johnson	651-739-0487
					Sandy Vick	651-739-8107
		10:00-12:00 PM	3	2.5-3.5 M/W	Bob Thoreson	651-454-3232
		1:00-3:00 PM	2	3.0-3.5 M	Dean Schuessler	651-731-4451

For corrections or changes for St. Paul and suburbs call Darlene Moynagh 651-436-8927

•• MINNEAPOLIS AREA ••

Players: Check with Captains for Start Dates

For corrections or changes for Mpls and suburbs call Jack Baloga 952-944-5194

Location	Day	Time	Cts	Skill	Captains	Phone
Burnsville Tennis Center 146 Burnhaven Drive Burnsville Facility Coordinator Rob MacPherson 952-474-9346	Mon	UP TO 9 AM	3		Need Captain(s)	
	Wed	UP TO 9 AM	3		Need Captain(s)	
	Thu	8:00-9:30 AM	3		Cookie Wallis	952-894-8941
	Fri	UP TO 9 AM	3		Need Captain(s)	
Crosstown 6233 Baker Road Eden Prairie Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:30-9:00 AM	3	3.0-3.5 W	Marlys Christensen	952-368-3285
	Tues	UP TO 9 AM	3		Need Captain(s)	
	Wed	UP TO 9 AM	3		Need Captain(s)	
	Thu	UP TO 9 AM	3		Need Captain(s)	
	Fri	UP TO 9 AM	3		Need Captain(s)	
Daytona Club 14740 Lawndale Lane Daytona	Tues	9:30-11:30 AM	4	2.5-3.5 M/W	Jack Saunders	763-561-6144
	Thu	9:30-11:30 AM	4	2.5-3.5 M/W	Jerry Smith	763-421-0379
Flagship Athletic Club 755 Prairie Center Drive Eden Prairie Facility Coordinator Ken Hendrickson 952-474-5477	Mon	7:00-9:00 AM	3	3.0-3.5 M	Dick Johnson	952-941-1313
					Jim Sager	952-949-2331
		7:00-9:00 AM	4	2.5+ M/W	Dean Sausele	952-828-9506
	Tues	7:00-9:00 AM	2	3.0 M/W	Dean Laurance	952-941-2975
	Wed	7:00-9:00 AM	6	3.0-4.0M/W	Marv Schneider	952-975-1895
	Fri	7:00-9:00 AM	4	3.0+ M/W	Robert Ziomek	952-470-0736
					Pauline Bouchard	952-476-2351
Sat	3:00-5:00 PM	2	3.0-4.0M/W	Marv Schneider	952-975-1895	

Location	Day	Time	Cts	Skill	Captains	Phone
Fort Snelling Tennis and Learning Center Facility Coordinator David Sommer 612-276-1313	Mon	9:00-11:00 AM	2	3.5+ M/W	David Sommer	612-276-1313
		11:00-12:30 PM	1	3.0 W	Ardith Johnson	763-420-3859
		10:30-12:30 PM	3	3.5+ M/W	Roger Johanson	952-831-5507
	Tue	10:00-11:30 AM	1	3-3.5M/W	Jerry Gilliland	952-890-7023
	Wed	9:30-11:30 AM	1	3.5+ M/W	David Sommer	612-276-1313
	Thu	10:30-12:30 PM	3	3.5+ M/W	Roger Johanson	952-831-5507
					Chuck Wenz	651-457-5347
	Fri	9:00-11:00 AM	2	3.0-3.5 M	Jim Hanson	651-430-1464
Highway 100 No. France 4001 Lake Breeze Avenue Brooklyn Center Facility Coordinator Rod MacPherson 952-474-9346	Mon	9:00-11:00 AM	2	2.5-3.0 M/W	Carol Pierce	763-424-6665
	Tues	UP TO 9 AM	3		Need Captain(s)	
	Wed	UP TO 9 AM	3		Need Captain(s)	
		6:30-8:30 PM	3		Need Captain(s)	
	Thu	UP TO 9 AM	3		Need Captain(s)	
	Fri	UP TO 9 AM	3		Need Captain(s)	
Moore Lake 1200 East Moore Lake Dr Fridley Facility Coordinator Rod MacPherson 952-474-9346	Mon	UP TO 9 AM	3		Need Captain(s)	
	Tues	UP TO 9 AM	3		Need Captain(s)	
	Wed	UP TO 9 AM	3		Need Captain(s)	
	Thu	UP TO 9 AM	3		Need Captain(s)	
	Fri	UP TO 9 AM	3		Need Captain(s)	
	Sat	8:00-10:00 AM	1		Patti Kondziolka	763-571-2287
Normandale Racquet and Swim 6701 West 78th Street Bloomington Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:30-9:00 AM	3		Need Captain(s)	
	Tue	7:30-9:30 AM	2	3.5-4.0 M	Rick Van Doeren	952-941-5322
	Wed	7:30-9 AM	3	2.5-3.0 W	Virginia Vining	952-941-4319
		6:30-8:30 PM	3	3.5+ M/W	Jean Murdock	612-825-5826
	Thu	7:00-9:00 AM	5	3.0	Polly Maki	952-472-7707
	Fri	7:30-9:30 AM	3		Need Captain(s)	
Northwest Racquet and Swim 5525 Cedar Lake Road St. Louis Park Facility Coordinator Rod MacPherson 952-474-9346	Mon	9:30-11:30 AM	3	2.5-3.0 M/W	Len Silesky	763-545-0195
	Wed	8:00-10:00 AM	3	3.0-3.5 M	Rod Macpherson	952-474-9346
	Fri	8:00-10:00 AM	4	3.0-3.5 M	Rod Macpherson	952-474-9346

Location	Day	Time	Cts	Skill	Captains	Phone
Oakdale Racquet and Swim 1202 Ford Road Minnetonka Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:00-9:00 AM	3		Need Captain(s)	
	Tue	7:00-9:00 AM	2	3.0 MW	Orville Anderson	952-935-7398
	Wed	7:00-9:00 AM	3		Need Captain(s)	
	Thu	7:00-9:00 AM	3		Need Captain(s)	
	Fri	7:00-9:00 AM	2	3.0 MW	Don Schneider	952-938-0121
		8:30-10:00 AM	1	3.0 W	Charlotte Beattie	763-545-4173
Reed-Sweatt Family Tennis Center 4005 Nicollet Avenue S Minneapolis 612-825-6844 Facility Coordinator Mary Kaminski 612-781-3271	Mon	7:00-10:00 AM	2-4	Captains and players needed		
		10:00-11:30 AM	3	2.0-3.0 MW	Lois Bunday	952-831-7677
					Jim Duffey	651-778-0645
		11:00-12:30 PM	2	2.5 MW	David Kopf	612-340-0287
					Diane Lehman	651-488-6147
					Don Bratt	651-636-7083
	11:30-1:30 PM	6	3.5-4.0 M	Chuck Emme	763-502-9063	
				Jim Jensen	952-922-3435	
				Bill Stamm	952-920-7632	
	Tue	8:30-10:30 AM	3	3.0 M	Bill Stamm	952-920-7632
		9:00-11:00 AM	3	3.0-3.5 MW	Fritz Christensen	763-571-5212
		10:30-12:00 PM	3	2.5-3.0 MW	Mary Kaminski	612-781-3271
					Gladys Murray	651-483-2850
		11:00-12:30 PM	3	2.5-3.0 W	Joan Rathbun	952-829-5650
					Donna Borgerding	612-721-7038
		1:30-3:00 PM	2	2.5-3.5 MW	Jane Tischbein	952-938-9348
		2:00-3:30 PM	2	2.5-3.0 MW	Ted Steen	952-926-9026
	Paul Steen				952-835-9818	
	3:30 - 5:00 PM	1	3.0-4.0 W	Virginia Morse	612-288-9121	
	4:00-5:30	1	3.5 W	Jean Murdock	612-825-5826	
	Wed	9:00-10:30 AM	3	3.0-3.5 MW	Darlene Hultquist	952-941-2494
					Bernice Galush	651-486-2900
		9:30-11:30 AM	3	3.0-3.5 MW	Ronnae Wagner	952-938-5785
		9:30-11:00 AM	3	3.0-4.0 W	Joanne Schmid	952-474-6022
					Frances Reid	612-929-2255
		10:30-12:00 PM	2	2.5-3.0 W	Shirley Pratt	651-433-3583
		11:30-1:30 PM	2	3.5-4.0 MW	Larry LaLonde	612-922-1780
Jo Rolling	651-777-3773					
1:00-3:00 PM	2	3.5-4.0 M	Tom Jackson	763-550-1369		

Location	Day	Time	Cts	Skill	Captains	Phone
Reed-Sweatt Family Tennis Center (Continued)	Thu	8:30-10:30 AM	2	Captains and players needed		
		8:30-10:30	4	2.5-3.0 MW	Linda Wright	952-895-1142
					Bernie Larson	612-869-1520
		10:30-12:30 PM	2	3.0-3.5 MW	Bob Metcalf	763-571-3596
	11:00-12:30 PM	2	Captains and players needed			
	Fri	7:00-9:00 AM	2-4	Captains and players needed		
		9:00-10:30 AM	6	2.5-3.5 MW	Nancy Lindeman	612-823-0304
					Mary Lou Bowen	612-869-9438
					Bob Hokanson	952-929-1152
		9:00-11:00 AM	4	3.0-3.5 MW	Ronnae Wagner	952-938-5785
		10:30-12:30 PM	3	3.0 MW	Amy Rincon	612-724-4623
					Roy Rincon	612-724-4623
	12:30-2:30 PM	5	3.5-4.0 MW	George Sample	952-454-5086	
				Gerry Ludwig	763-522-9376	
Joel Anderson				952-881-5510		
Sun	2:00-3:30 PM	1	3.0-3.5 W	Marilyn Erickson	952-835-2938	
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka Facility Coordinator Ed Fischer 763-550-9770	Mon	8:30-10:30 AM	1	4	Dick Miller	952-446-1504
		10:30-12:30 PM	2	3.0-3.5 MW	Frank Locke	952-937-9394
					Harold Krantz	952-935-6656
	Tue	7:30-9:30 AM	2	3.0 MW	Tom Shillock	952-475-2199
		8:00-9:30 AM	1	3.0 MW	Bart Tsai	952-988-7873
		9:30-11:00 AM	1	2.5-3.0 W	Kit Peterjohn	952-474-0154
		11:30-1:00 PM	2	3.0 MW	Henry Flesh	763-546-7317
					Fred Wright	952-938-1242
		1:00-2:30 PM	1	2.5-3.0 W	Linda Kraft	952-934-1992
	Wed	10:30-12:30 PM	2	3.0-3.5 MW	Frank Locke	952-937-9394
					Harold Krantz	952-935-6656
		12:30-2:30 PM	2	3	Need Captain(s)	
	1:00-3:00 PM	2	2.5-3.0 MW	Dwane Billbe	952-938-5016	
	Thu	8:00-9:30 AM	2	3.0-3.5 M	Ed Fischer	763-550-9770
		8:00-9:30 AM	2	3.0 M	Henry Flesh	952-546-7317
					Fred Wright	952-938-1242
		11:30-1:00 PM	2	2.5-3.0 W	Mary McNeil	952-545-7142
		1:00-2:30 PM	1	3.0-3.5 W	Linda Kraft	952-934-1992
	3:00-4:30 PM	1	4	Dick Miller	952-446-1504	

Location	Day	Time	Cts	Skill	Captains	Phone
Williston Fitness and Sports (Continued)	Fri	7:30-9:00 AM	2	2.5-3.0 M/W	Bart Tsai	952-988-7873
		8:30-10:00 AM	2	2.5-3.0 W	Carole Benzick	763-475-2763
					Onnie Skelton	952-546-3511
		2:00-4:00 PM	2	3.0-3.5 M/W	Dwane Billbe	952-938-5016
		2:00-3:30 PM	2	3.0-3.5 M	Fritz Weber	763-732-1605
	Hal Olsen				952-920-0533	
	Sat	12:00-1:30 PM	2	2.5-3.0 W	Audrey Roe	952-545-9434
					Joyce Hautman	952-545-4051
12:00-2:00 PM	1	3.0-3.5 M	Bob Jamieson	952-935-8791		
98th Street Racquet and Swim 1001 West 98th Street Bloomington Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:30-9:30 AM	4	3.0-3.5 M	Ken Gjerde	612-827-2073
		8:00-9:30 AM	3	2.5-3.0 W	Peg Feilzer	952-881-9485
		9:00-10:30 AM	1		Need Captain(s)	
		12:00-2:00 PM	3	3.5 M	Need Captain(s)	
		12:00-2:00 PM	3		Need Captain(s)	
	Tue	8:00-10:00 AM	4	3.0 W	Genevieve Gjerde	612-827-2073
					Ruth Peterson	952-941-7116
		10:00-11:30 AM	2		Lucy Nord	952-888-4872
	12:00-2:00 PM	3	3.5 M	Need Captain(s)		
				Need Captain(s)		
				Need Captain(s)		
	Wed	7:30-9:30 AM	3	3.0-3.5 M	Cliff McMinn	952-888-4989
		9:00-11:00 AM	2	3.0-3.5	Bunny Johnston	952-884-1732
	Thu	8:00-10:00 AM	3		Need Captain(s)	
		9:00-10:30 AM	3	3.0+W	Suzanne Lervick	952-898-3580
		1:00-2:30 PM	2		Need Captain(s)	
	Fri	7:30-9:30 AM	3	3.0-3.5 M	Cliff McMinn	952-888-4989
8:00-10:00 AM		3		Need Captain(s)		
12:00-2:00 PM		3		Need Captain(s)		
For corrections or changes for Mpls and suburbs call Jack Baloga 952-944-5194						

Players Needed

Want to get in the game? Here are a few captains who especially need players. Try others also.

- Connie Waterous, 651-291-1610, wants 3.5 men and women for Fridays, 10:00-12:00, at Oakdale.
- David Sommer, 612-276-1313, wants 3.5 men and women for Monday and Wednesday mornings at Fort Snelling.

Also, many clubs have court time available if you'd like to start a group. For some clubs we've listed those available times, though other clubs also have time. Call the facility coordinator.

Captains: Your Help Needed

The schedule you see here is *preliminary*. That means we expect there is some incorrect information included. We need you to look over your part of the schedule, and if you see any errors, call Jack Baloga (Minneapolis and suburbs) or Darlene Moynagh (St. Paul and suburbs).

A corrected schedule will be printed in the September newsletter.



Senior Tennis Times
P.O. Box 385434
Bloomington, MN 55438

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August 2004

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UCare Minnesota is a Medicare Choice organization with a Medicare contract. Members must use plan providers. Anyone eligible for Medicare who resides in the following UCare for Seniors service area may apply: Anoka, Carver, Chisago, Dakota, Hennepin, Ramsey, Scott, Sherburne, Washington, and selected zip codes in Wright (55301, 55313, 55320, 55328, 55341, 55349, 55358, 55362, 55363, 55373, 55376, 55380, 55390) and Mille Lacs (55371, 56313, 56330, 56353, 56363) counties.



When you feel good, it shows.