

Granite Falls Living at Home/ Block Nurse Program Newsletter

Helping Seniors stay in their own Homes

Phone 320-564-3235

February 2016

A Matter of Balance Workshops

Are you doing less with your day because you're afraid of falling? Have you or a loved one recently fallen because your balance isn't what it could be?

Find out how to overcome the fear of falling and learn exercises to gain back and build up your strength. Become more active by attending these workshops. There is still time to register for the second round of "A Matter of Balance" workshops.

The first 8-week series of classes, which began January 12th is filled. Registration is still being taken for the second round, which will begin in March.

Each MOB class is filled with good information and practical advice on how to safely and easily become stronger so you can participate in the activities you enjoy.

At the first session, participants watch an entertaining video, receive materials, hear an overview of the program and discuss common

concerns about falling. Each of the remaining sessions introduce techniques for recognizing falling hazards and ways to avoid habits that can lead to falls. Exercises for every level of strength abilities are also demonstrated and practiced.

And, of course delicious treats and refreshments are served! Register by calling: 320-564-3235



MOB Trainer Janet Hagen and attendees at the KCC (above); MOB trainers Janet Hagen and Lila Lindberg and attendees at KCC (left)



Introducing the New Person in the Living at Home Office

Mark Roisen has been hired as the new Executive Director, joining Program Director, Mary Ims and Volunteer Coordinator, Cathy Schaub in the office. He began working January 4th and will be responsible for grant writing, grant administration and overseeing of the financial and office systems. This will allow Mary devote her time to caregiver support, client assessments and program education.

Mary is not retiring !!!



Stop in and say hi to Mark, he will be happy to meet you!

The Gift of Connecting with Others

Go out of your way to be good to an older person. You'll discover that you can make somebody's entire day with a smile, a phone call, some fresh-picked flowers, or whatever it is you've got to offer.

Our elders have so much to share with those who are willing to listen, but it is our elders who are the ones who deserve to receive.

Don't pass up the chance to brighten the lives of the seniors in your life. An old adage reminds us that friends in need, need only a little....but they need that little bit - a lot!

Douglas Pagels



**Bring a friend to lunch at the Senior Meal
Site!**

For more information, phone Kayla
at: 320-564-0947



Mary Ims presenting to the Caregiver Support Group at the Senior Center about the risks of caring for Alzheimer's Patients

Notes from Mary

Is the stress of providing care for someone giving you the winter blues? Join us for our **Caregiver Support** program, Tuesday, February 16th at 9:00 am in the Senior Center.

If you are in need of program services, please call me for an In Home Assessment. We will help you with your needs.

Please watch the Advocate Tribune "Briefly" for on-going program dates and times!



Spotlight on Volunteers

by Cathy Schaub

We have all heard that volunteering is part of a healthy lifestyle. Volunteers experience benefits such as a more optimistic outlook, increased energy, better perceived health, decreased feelings of loneliness and depression, a greater sense of relaxation and improvement in sleep and a stronger immune system. An Oman Study in 1999 found that volunteering is associated with improved life expectancy. People who were 55 to 85 years old who participated in two or more volunteer activities per week had a 63% lower mortality rate than non-volunteers.

People volunteer for different reasons such as to support a cause that has personal meaning, to offer skills and experience to benefit others, and simply the enjoyment they receive from helping others.

Volunteering can be fun! Remember to relax and enjoy the experience. There's nothing quite like helping others and being a valuable resource for your community.



Granite Falls Municipal Hospital & Manor Home Health Care

- Foot Clinics
- Blood Pressure Clinics
- Blood Sugar Clinics

For Information: Phone 320-564-6226

If you would like to learn more about becoming a Volunteer, please call:

564-3235

Consider attending our Volunteer Training program, Tuesday February 9th at 9:00 am in the Senior Center

Coming Events

Matter of Balance Workshops – 2nd series begins Tuesday March 15th at 1:00 PM at the Senior Center

Volunteer Training – February 9th, 9:00 am Senior Center

Caregivers Support Group – Tuesday February 16th, 9:00 am; Ongoing meetings 3rd Tuesday of every month

Powerful Tools for Caregivers – Thursdays, 1:00 PM beginning April 14th through May 19th; Mary Ims and Kayla Hegna, trainers

Spring Fundraiser – Big Band Dance; Friday April 15th, 5:30 PM, Bootleggers

For More Information
Phone: 320-564-3235

Happy Valentine's Day!



We appreciate your support of our program with memorials and donations. As you know, we are partially supported by grants. Some foundations are more likely to award grants when there are matching monies available, given through community donations and memorials.

Our Non-Profit Needs You!

If you would like to support elders living in their own homes, please send a donation or sign up to be a volunteer. You may indicate if your gift is a memorial or honorarium below. We know that you understand the need and great demand for our services. Thank you for your support!

Your name: _____

Address: _____

City, State, Zip _____

I wish to make a gift of \$25 _____ \$50 _____ \$100 _____ Other _____

Please accept my gift in honor of _____ or in memory of: _____

Your gift is tax deductible.

The Granite Falls Living at Home/Block Nurse Program
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