

Granite Falls Living at Home/ Block Nurse Program Newsletter

Helping Seniors stay in their own Homes

Phone 320-564-3235

Summer 2017



Figure 1 from left: Lisa Knutson & Mary Ims

FROM THE DIRECTOR'S CORNER

With Western Fest upon us, summer is in full swing! That means the "Longest Day" is here. This newsletter focuses on work we are doing to help support individuals and families living with Dementia and Alzheimer's. "The Longest Day" is a nationally recognized date to remind us of how long days can be for caregivers and their loved ones who suffer from Alzheimer's. Help get the word out to your friends and family members who may be concerned about their memory loss. Let them know, there is support and there are activities available to help reduce isolation, provide relief and offer support for dealing with Alzheimer's disease.

Feel free to give us a call or stop in to the office anytime to learn more about what is available.

Have a great summer! -Mark Roisen

Notes from Mary

I am very happy to report about the wonderful work our volunteers are doing with our program, providing support for caregivers and people struggling with Alzheimer's and Dementia. I know firsthand what it is like to have a loved one go through the stages of this chronic disease. We didn't know it at the time but my Mother started exhibiting the symptoms in 1970. I was 28 years old and had 4 children, ages 4, 6, 8 & 9. It was tough for me and the rest of our family to watch what was going on with mom because we did not understand what was happening to her. Her very close friends quit coming to visit because they did not know what to do, say or how to interact with her.

But now, **Dementia Friend training** is available to help people better understand and communicate with someone who has Alzheimer's/Dementia. LAHBNP is offering these one hour sessions, free of charge, at a variety of times and locations. Call our office to learn more.

I was the primary caregiver for my Mom and with four young children, I became worn out and exhausted. It didn't even enter my mind to call my siblings to ask if they could come out for a weekend so I could get away from caregiving duties. They would have helped out if they had been asked! But, sometimes, there is no available family member or friend to call. The **LAHBNP offers in-home respite care** by trained volunteers. Respite care allows the primary caregiver a chance to rest and recharge, or just take care of errands. **...Continued on page 2**

heart2heart MEMORY CAFÉ



SHARE YOUR STORIES AND
SOCIALIZE WITH OTHERS WHO
HAVE WORRIES
ABOUT THEIR MEMORY.

WHEN: 4th Tuesday of every month
 TIME: 9:00-10:30 am
 WHERE: Granite Falls Senior Center, below the Library
 WHO: Individuals with Early to Moderate
 Alzheimer's & their Care Partners as well as
 those who worry about Memory Problems
 WHAT: Socialization, Information, & Networking for
 Care Partners
 WHY: Being active physically, socially, and mentally
 is good for the brain & just plain fun!

The Heart-2-Heart Memory Café is open! Are you
 or a loved one concerned about memory issues?
 Come and join us for coffee, snacks, great
 conversations and a wonderful time. **Free of
 charge!**



Figure 2 From Left: Steph Fry, Linda Dahlager, Greta Voudrie,
 Pearl Lenzen, Mark Roisen, Diane Linden, John Linden, Cindy Velde

For additional information, contact:
 Living At Home Block Nurse Program
 320-564-3235
 Senior Advocate-Steph Fry
 320-564-0947

Remember! Granite Falls Home Health Care - Offers

- Foot Clinics
- Blood Pressure Clinics
- Blood Sugar Clinics

For Information on a time and a location near
 you: Phone 320-564-6226

Notes from Mary, continued...

These and the other new programs we have added
 are in addition to the core services we continue to
 provide, including assisted transportation, friendly
 visits, caregiver support, light chore assistance and
 Evidence Based Health Education Courses. Plan to
 attend a course: **Chronic Illness, Self-Management;
 Powerful Tools for Caregivers; Matter of Balance; and,
 new this fall, Diabetic Education.** Watch for
 announcements or, call the office for more
 information. 320-564-3235



Your funding support makes possible grants from:



Thank you!!!

FROM THE DESK OF CATHY SCHAUB, VOLUNTEER COORDINATOR



Summer is finally here. Everyone is busy with summer activities, gardening, going to the lake and so on, but if you could spare one or two hours a week/a month or whatever fits your schedule, we would love to have you volunteer for our program. We provide several services: Transportation, Respite Care, Caregiver Support Group and Health Education, just to name a few.

As a volunteer we would call you and ask if you are available to provide a service; like a ride to an appointment, if you are we will give you the details to carry out the service. It is always ok to say no if you are not available for that day or that week, we will try another volunteer and call you another time.

So consider your summer schedule and consider volunteering, there is always a need to be filled and maybe you are the person to fill that need. Having many volunteers to draw from makes for lite work. A vibrant group of volunteers also makes for a stronger community.

To find out more information about the Living At Home Block Nurse Program, our services and becoming a volunteer, call 320-564-3235. Or check us out on Facebook and on the web at www.lahgranitefalls.org

Thank you, to everyone who volunteers for the Living at Home Block Nurse Program!



Let's Take Another Look

Everything is further away than it used to be. It is twice as far to the corner and they have added a hill! I have given up running for the bus; it leaves faster than it used to.

It seems to me they are making steps steeper than they used to in the old days. Have you noticed the small print they use in the newspaper?

There is no sense asking anyone to read aloud; everyone speaks in such a low voice that I can hardly hear. The material in dresses is getting so skimpy—especially around the waist and hips.

Even people are changing; they are so much younger than they used to be when I was their age.

On the other hand, people my age are so much older than I am. I ran into an old friend the other day and she aged so much she didn't even recognize me.

I got to thinking about the poor thing while I was combing my hair that morning and in doing so, I glanced at my reflection and confound it, they don't make good mirrors like they used to.

Author unknown

Thank You for Giving!



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. Your support is greatly appreciated.

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. We 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.-----

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