

Granite Falls Living at Home/ Block Nurse Program Newsletter

Helping Seniors stay in their own Homes

Phone 320-564-3235

Winter 2017

2016 Year in Review

What a year it was! In between the turbulent storms there were many bright moments in the lives of our LAHBNP community members. The year began with Mark Roisen joining, LAHBNP. He joins Mary Ims and Cathy Schaub in the office, allowing Mary to focus on programming such things as the Evidence Based Programs, "A Matter of Balance" and "Living Well with Chronic Conditions." (See Mary's column for more information.) Cathy continues to coordinate the good work of our fantastic volunteers, providing welcomed assistance for our clients. In April, the annual Volunteer Appreciation Brunch was held at the KCC. Virginia McCome provided a touching and uplifting keynote address, sharing insights she gained, caring for her mother who suffered from Alzheimer's disease. June 20th was declared Dementia Awareness day in Granite Falls and LAHBNP sponsored an Act on Alzheimer's kick-off event, featuring Dr. Ken Carter; GF Home Health Director, Kim Kranitz-Savig; and, LAHBNP Program Director, Mary Ims. These panelists shared information on Dementia and answered questions from those in attendance. This 'kick-off' meeting marked the beginning of a year-long effort to make Granite Falls a Dementia Friendly Community (see inside for more information). As the year came to conclusion, Pioneer Public TV stopped by to film our program for a feature they will be airing on their program, "Compass." Program times will be announced later this winter. Watch for announcements.

Finally, LAHBNP recently sponsored its annual Christmas Coffees at Henry Hill and Granite Ridge. Dallas Iverson provided a wonderful program of music, filled with Christmas Carols and holiday favorites.

From all of us at the LAHBNP
Happy New Year!



Notes from Mary

We are happy to report that we completed many Evidence Based Programs in 2016 with wonderful results. **We invite you to participate** in the following important workshops The Living At Home/Block Nurse Program will provide in 2017. Watch for dates and times in the Advocate Tribune.

HEALTHY AGING WORKSHOPS

A Matter of Balance: This program is designed to reduce the fear of falling and increase the activity levels of older adults who are concerned about falls.

Powerful Tools for Caregivers: Studies show a high rate of depression and anxiety among caregivers and increased vulnerability to health problems. After taking this class, participants have noticed improvements in: relaxation, a desire to be more active, reduced guilt, anger, and depression, increased confidence and an increased awareness of local support services.

Living Well with Chronic Conditions Workshops:

In this class you will learn practical ways to deal with pain and fatigue, discover better nutrition and learn how to better communicate with your doctor.



made possible with funds provided by
United Way
of Southwest Minnesota

Act on Alzheimer's Update

What does it mean to be a Dementia Friendly Community? To find the answer to that question, LAHBNP, conducted a community-wide survey this summer. People from across all sectors of Granite Falls were asked to share what they perceive to be the strengths and weaknesses of available care for people suffering from Dementia and Alzheimer's. The findings were presented November 30th at an Act on Alzheimer's fall event.

These findings were used to develop a set of 4 action activities, which will be pursued throughout 2017.

- 1.) **Coming soon** in 2017, a **Memory Café**, to be located at the GF-Senior Center. Senior Citizen Coordinator, Steph Frey is working with a group of volunteers to develop special events, just for Alzheimer's patients, their caregivers and friends. Watch for announcements for the opening time and day.
- 2.) **Volunteer Respite Care training** classes are also in the works for late winter/early spring. Anyone who is a caregiver or may become a caregiver is encouraged to attend this training, which includes educational certification credits. Registration information and class times will be announced later.

- 3.) The Chamber of Commerce will be facilitating several general education events for the community. The first community event will be a **"Virtual Dementia Tour."** This unique program has participants put on virtual goggles to experience just how it feels to be living with Alzheimer's.
- 4.) Volunteers are also working on plans for a **"Memory Music Program,"** which will provide several opportunities for people suffering from brain injuries including Dementia and Stroke. There will be two primary focuses of this project. The first will be to offer patients I-pods or music cds with playlists of their favorite music memories. The second will be the development of a "Memory Choir," which will be open to anyone interested in participating. Watch for announcements in the press and on our website and Facebook page.



Diana 'Di' Lalim shared her journey caring for a father suffering from Parkinson's and Alzheimer's at the fall Act on Alzheimer's Event, Nov 30th



Figure 1 Ruby Hieb is shown with GF Librarian Larissa Christensen, and LAHBNP's Mark Roisen, donating a video to the Library's Dementia Reference Section. A "Dementia Friendly" Action. Contact the LAHBNP for more information on how to donate a book or video.

Granite Falls Municipal Hospital & Manor Home Health Care Offers

- **Foot Clinics**
- **Blood Pressure Clinics**
- **Blood Sugar Clinics**

For Information: Phone 320-564-6226



FROM THE DESK OF CATHY SCHAUB, VOLUNTEER COORDINATOR

Volunteers strengthen communities and lives of the people who live there by reaching out to assist neighbors. Strengthened by the power of your generosity, older people are in turn empowered to contribute their wisdom and talents to the community rather than feeling like a burden. Like a never-ending circle of giving and receiving, you are in turn rewarded for your efforts when you see your older neighbors able to continue living in their own homes, contributing to the community.

By bringing together volunteers and older people, the Living at Home/Block Nurse Program serves as a bridge, connecting communities and making them stronger. Stronger communities can in turn better meet the needs and develop the strengths of the people living there now and in the future.



Why Be a Volunteer?

It is not for any personal gain.

It is just for love of your fellow man,

It is just to give a helping hand.

It is just to give a little of one's self,

That is something you can't buy with wealth.

It is not for medal worn with pride,

It is for feeling deep inside.

It is that reward down in your heart,

It is that feeling that you have been a part

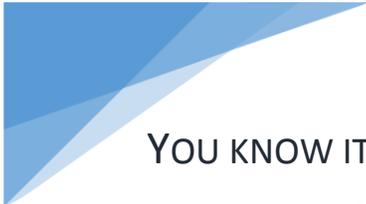
Of helping people far and near

That makes you a volunteer.

-Author unknown

Communities and neighborhoods are created and strengthened by the people who live there. They are built upon hopes and dreams, strengths and weaknesses. The contributions of volunteers strengthen the shared common bond for creating a better place to live for seniors and people of all ages.

Thank you, to everyone who helps volunteer with the Living at Home Block Nurse Program! **For more information on becoming a volunteer, contact Cathy Schaub at 320-564-3235.**



YOU KNOW IT'S A COLD
DAY WHEN YOUR TEETH
START CHATTERING AND
THEY ARE STILL ON THE
NIGHT STAND!

Happy New Year!



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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