



Sharing the Health

NOKOMIS HEALTHY SENIORS

4200 Cedar Avenue South

Minneapolis, MN 55407

Fall 2008

Volume 12, Number 4

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AARP Foundation Money Management Program

By Gale Nelson, Retired and Senior Volunteer Program

Begun in 1981, the Money Management Program uses volunteers to help low-income older adults or people with disabilities who have difficulty budgeting, paying routine bills and keeping track of financial matters.

The result is to prolong independent living in the community for individuals who have lost the ability to manage their financial affairs. They may have had their utilities shut off, be in danger of eviction from their homes, or are being financially exploited.

This program is delivered in three ways: providing money management materials to help educate individuals and their caregivers, and through our volunteers, two separate services to make sure participants pay their bills on time.

A 2005 AARP study found that 89 percent of people more than 50 years old want to remain in their homes as long as possible, and it is believed that staying in your own home makes for a better aging process, emotionally and physically. In addition, living independently is less expensive than living in long-term care facilities.

To help keep people independent and in control, the program provides information

to educate them on budgeting, debt, and consumer problems. Financial information resources include: *Smart Money I: A tool for planning your personal budget*; *Smart Money II: A tool for handling debt problems*; and *15 Minutes to your Financial Health*.

The volunteer-driven part of the program serves people in two ways:

Bill Payer Service

Bill Payer provides checkbook balancing and bill paying services for people who remain in control of their finances but need some help keeping things in order. Some clients are served on a short-term basis, but the majority are served on a long-term basis.

Representative Payee Service

Representative Payee volunteers are appointed by a federal government agency to receive and manage a government benefit (such as a Social Security check) when the client has been determined to be incapable of handling his or her own funds. The benefit check is usually deposited directly to the bank account from which the payee pays the client's bills.

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News From the Board Chair

Greetings! On behalf of the Nokomis Healthy Seniors Board of Directors, I invite you to our first annual Fall Frolic! This all-ages event is from 4 to 8 p.m., Saturday, October 25, at Bethel Evangelical Lutheran Church in south Minneapolis. Highlights include games for kids, a silent raffle, musical entertainment, dancing and a fabulous fall buffet dinner. We hope to see you there with your family and friends!

Board members have been busy these past few months at hot dog sales and neighborhood events, among other things. The Outreach & Technology Committee is actively working on revamping the NHS Web site and researching other ways to use technology to get our message out to the community. The Development Committee planned our first-ever Business Breakfast, which was held at First Course bistro on September 23. Local business owners attended to hear the NHS story and learn about ways to partner with us.

The Personnel Committee provided board orientation to our newest member and is completing staff performance reviews. The Program Committee continues to find creative ways to help our seniors; watch for a nutrition program coming soon! Finally, the Executive Committee welcomed our new board treasurer, Rob Baas, who joined the board in May. As part of the committee, Rob will chair the Finance Committee and spearhead a process to examine our organization's fiscal health and long-term financial planning. The committee also continues its work on finding resources to assist in the strategic planning process.

Again, we hope to see you at the Fall Frolic on October 25! And one more thing: Don't forget to snatch up your Herberger's coupons for Community Day on November 15. Booklets are \$5 and can be purchased from any board or staff member. Thank you, as always, for your generous support to NHS.

Sarah Tellijohn
Board Chair

Do you shop online?

Let online merchants donate a portion of your purchase to NHS every time you shop! Log on to www.igive.com and register so that your shopping goes to a good cause – for free! Every time you buy something online at one of igive's 680 online stores, a percentage of your purchase will automatically be donated to NHS at no extra cost to you. It's a great way to donate to NHS!

The AARP Foundation Money Management Program is offered through agreements with state and local government and nonprofit agencies throughout the United States. A variety of agencies sponsor the program locally, including Area Agencies on Aging, Department of Social Services, and senior centers.

AARP Foundation supports our state and Local Coordinating Agencies by offering limited financial protection for the client funds handled by volunteers, and through technical assistance to a State Coordinating Agency that helps develop a local site by:

- recruiting volunteers from the AARP membership,
- training the state program coordinator,
- providing ongoing technical support and a monitoring system for the volunteers' work.

The Local Coordinating Agency:

- publicizes the program,
- develops a client referral program,
- matches volunteers with clients,
- provides ongoing supervision for volunteers, and
- monitors client accounts.

For more information please contact Judith Cohart at 202.434.6276.

AARP Foundation Programs
601 E Street, NW
Washington, DC 20047 or
www.aarpmmp.org

Telephone Tree Callers

Nokomis Healthy Seniors has a group of volunteers who give their time as telephone tree callers to relay information to seniors. Some of the callers have been with the group since it was formed in 1994 during the Medicare Demonstration Project.

Each volunteer has 8 to 10 people on their list, and they call seniors to tell them about upcoming events and health programs. Over time relationships are built between the seniors and the volunteers, and the seniors look forward to the calls throughout the year. Those who are no longer able to attend the programs still enjoy the interaction with the telephone tree callers.

We are currently in need of more volunteers for this valuable program. If you enjoy visiting with people on the telephone and would like to become a telephone tree caller, please call Becky at 612.729.5499.

We would also like to thank all of our current telephone tree volunteers who are listed below:

Emeline Almquist
Margaret Bergman
Myrtle Burton
Mary Lou Doll
Audrey Domholt
Bev Edwards
Olivia Gilbertson

Delores Golden
Ioane Goodman
Lucille Jones
Florence Judy
Mary Lindell
Marilyn McConnell
Mabel Myhre

Helen Note
Gladi Pederson
Etta Soine
Pat Snyder
Don Yerks
Mavis Yerks
Mary York

New Volunteers

In the past two years, Nokomis Healthy Seniors has welcomed several new people to our volunteer program and we want to acknowledge them now. These people serve in many different ways (drivers, board members, office help, visitors, special projects). We are most grateful to all of these new volunteers. They are:

Alice Bernhard
Mike Flashe
Jean Gotfreson
Phyllis Herman
Greg Hersman

Molly Herrmann
Lowell Kisrow
Judith Knutson
Doris Lemieux
John Rives

Molly Reinemann
Sarah Shosie
Colleen Swope
Julie Toth
Lensa Yadassa

Volunteer Recognition Event

Nokomis Healthy Seniors' annual volunteer recognition event was held on August 20. Forty-five people were in attendance and enjoyed five different varieties of homemade pie with ice cream, and the chance to visit with staff and other volunteers. Each volunteer was given a rose when they left as a sign of our appreciation for their work throughout the year. Volunteers are the backbone of our program, and to all of our volunteers, we say thank you for your contributions to NHS!

If you're interested in becoming a volunteer for Nokomis Healthy Seniors, please call Becky at 612.729.5499.

Meet Normee!



By Zinda Eggerud

Normee True is a spritely and charming lady who celebrated her 80th birthday on September 14. She has lived in the south Minneapolis area since she was 12 years old, when her family

moved to Minneapolis from Freeport, Louisiana.

Normee has two children, both living in Brooklyn Park, and seven grandchildren, living in Denver, Florida, Duluth and Minneapolis. She was educated in the Minneapolis school system and attended college to obtain a degree in financing. She retired from Honeywell after 23 years of service.

She became aware of Nokomis Healthy Seniors about two years ago when she attended an informational

meeting about Medicare sponsored by NHS. Since that time she has taken advantage of the volunteer driver service to get to doctor appointments and to pick up prescriptions.

Normee currently volunteers her time to help Trust, another senior program, with its monthly mailings. She no longer travels like she used to, but she enjoys watching the Travel channel and gathering recipe inspirations from cooking programs. In fact, prior to my arrival, Normee was working on a green bean dish with garlic, onion and spicy red pepper that filled the house with a marvelous smell. She spent the summer completing house projects including remodeling her front porch and adding a new back door. When the projects are done, she is hoping to adopt a cat to keep her company. Every month she and a granddaughter spend a girls' day out shopping and having their nails done.

DO YOU KNOW THE SERVICES WE OFFER?

Home Care by RNs and Home Health Aides

- Assessments and health teaching
- Personal care --bathing assistance and light housekeeping
- Medication management

Blood Pressure Clinics/ Health Education

- "Nurse Is In" clinic every Thursday morning with pedicures
- Congregate Dining
- Blood pressure clinics at Standish Green

Support Groups and Education

- Caregiver support group
- Low vision support group
- Monthly health programs

Transportation

- Medical/dental appointments
- Flu shots
- Prescription pick-up
- Voting
- Food shelves

Senior Helpline

- Referrals and resources for almost any need (e.g., snow removal)
- Handyman help

Volunteer Matches

- Friendly visiting
- Grocery shopping

For information on any of these services, please call the office at 612.729.5499

Nokomis Healthy Seniors Fall Frolic Dinner & Dance

Please attend our Fall Frolic and continue to enhance lives of the community's older adults through your support of Nokomis Healthy Seniors. There will be a raffle, music, games and fun for the whole family! We hope to see you there!

Saturday, October 25

4 – 8 p.m.

**Bethel Evangelical Lutheran Church
4120 17th Avenue South, Minneapolis**

Cost for dinner, music & fun:

\$10 adults

\$7 seniors

\$4 kids and young adults (18 & under)

\$25 for a family of four



Call Nokomis Healthy Seniors at 612.729.5499 with questions or to reserve your tickets.

Bergan's SuperValu: A Valuable Community Partner

Each year Nokomis Healthy Seniors partners with Bergan's SuperValu to bring our NHS summer hot dog sale to the community. This year, the neighborhood grocery store helped NHS raise more than \$1,000 to support services to area seniors.

Joan Bargman, an invaluable volunteer to Nokomis Healthy Seniors, began the hot dog sale five years ago and has fostered the project since then. The rest is history.

Bergan's SuperValu is owned and operated by Steve and Marsha Bergan. Steve and Marsha owned and operated a Red Owl store in St. Peter before purchasing the south Minneapolis grocery in 1985.

Since 1985, Bergan's SuperValu's motto has been "Friendliness Guaranteed," and it has served the Nokomis area staying true to this belief. Each and every day, this community business provides personalized service, and supports neighborhood seniors in the store, which is just the right size to make shopping easy. Neighbors can shop for items

with the convenience of having what they need right down the street.

Seniors receive a 5 percent discount on their entire grocery purchase Monday through Friday from 8 a.m. to 4 p.m. In addition to this, all coupons valued at 50 cents or less are doubled every day. When you shop at the store, please be sure to ask for the discount, or you can show your Nokomis Healthy Seniors membership card. Also, don't forget your coupons!

Bergan's SuperValu is an important member of the community. Not only does it support the Nokomis Healthy Seniors program, Bergan's supports the local schools chosen by the neighborhood and also uses its parking lot to support other charities and events in our community.

Thank you, Bergan's SuperValu, for supporting Nokomis Healthy Seniors, neighborhood seniors and the entire Nokomis community.

Kristen's Korner

Welcome to fall! I am sure that everyone welcomes the beautiful Minnesota fall weather. The Nokomis Healthy Seniors program is now bringing you the newsletter four times a year. We hope you enjoy the extra issue.

Please remember that we have some medical equipment available for loan to a senior in need. These items were donated to our program to share with you. We do have a limited number of items, so if you call, we may no longer have the item but will certainly assist you if we can. Please call the office if you are in need. Additionally, if you have items to donate, please call us and speak with Kristen or Gloria.

I want to extend a special thank you to Joan Bargman and everyone who volunteered their time at our annual hot dog sale. Bergan's SuperValu is a great partner to NHS. Not only do they allow us to sell hotdogs at the store, many of the items for sale were donated by them. Thank you, Bergan's!

Please join us for our Fall Frolic on October 25 at Bethel Evangelical Lutheran Church. There will be a band, delicious food, games and prizes. All the details are listed in this newsletter. Also, please shop at Herberger's Community Day on November 15. Coupon booklets can be purchased for \$5 at the NHS office. Inside the booklets are a \$10 coupon and eight other coupons for you to use on community day. The entire \$5 is given to Nokomis Healthy Seniors.

Please have a safe and happy fall. Thank you for your continued commitment to Nokomis Healthy Seniors, and please come and join us for our upcoming events.

The Wish List

Nokomis Healthy Seniors is looking for a number of items and services. A letter of receipt acknowledging your gift will be given to you upon receipt of the item or gift. Please help if you can!

Digital camera
Display board
Donated postage
Donated printing
Storage space

Do you have a pet? Could you use the help of a volunteer?

Alice Bernhard is a unique volunteer who really likes animals and is willing to walk dogs or care for cats when the owners (seniors) are not able to attend to them.

A little over a year ago, she helped an older couple who could not get out of the house daily to walk their dog. For several months, she came each day and walked the dog. The couple found it to be very helpful.

She is interested in helping other seniors with their pets. If she could be of help to you, please call NHS at 612.729.5499, and ask for Becky, who can make the arrangements.

The mission of the Nokomis Healthy Seniors Program is to enhance the lives of our community's elders by helping them to continue to live at home. We achieve this by coordinating volunteer assistance, affordable health services and community resources.

Health Programs and Other Notes

Health Programs are monthly meetings designed to promote your health. Meetings are held the last Wednesday of each month at Faith Lutheran Church at 3430 East 51st Street. These programs are free and open to the public. If you need a ride to any of these activities please call Margo at 612.729.5499. Beverages and treats will be provided. To reduce waste, we ask that you please bring your own mug to the program.

October

October 29, 2008 1:30 p.m.
“Assisted Living – Definition, Payment
Sources, and Rights of Seniors”
Greg Marita, Attorney, Legal Aid Society

November

November 26, 2008 1:30 p.m.
“Is It Time for a Personal Response
Service?”
*Deb Jensen , Program Manager,
Fairview Lifeline*

December

There are no programs in December. Have a happy holiday season; we’ll see you in January!

“Nurse Is In”

Every Thursday morning from 9:00 a.m. to noon at Bethel Evangelical Lutheran Church, 4120 17th Avenue South.

Get your blood pressure checked, consult with a nurse or schedule a pedicure. You can also just stop in to chat over a cup of coffee and baked goods. The clinic is free, but there is a \$28 charge for a pedicure.

Flu Shot Clinics

On December 16, flu shots will be available to you at “Nurse Is In” from 10 a.m. to noon. Additionally, NHS will be holding a flu shot clinic at Nokomis Square on November 6.

In order to receive a shot at either clinic, please call the NHS office to sign-up. We will be able to accept insurance or vouchers; please remember to bring them with you.

Health and Wellness Clinics –

These blood pressure clinics are free and open to the public.

Standish Green Apartments

2210 East 40th Street
Fourth Thursday of every month, 12:30 p.m.
Open to all community members

Holy Cross Lutheran Church

1720 East Minnehaha Parkway
Blood pressure clinics, first Thursday of every month at 12:30 p.m.
The church has Congregate Dining weekdays. If you would like to make a meal reservation, call Evelyn two days ahead at 612.729.6668. The cost of the meal is \$3.

Support Groups – These groups are free and open to the public.

Low Vision Group

The second Thursday of each month at Ebenezer Lutheran Church, 41st and Cedar Avenue at 10:00 a.m. Julie Rindelaub from Vision Loss Resources facilitates.

Caregiver Support Group

The last Thursday of the month at NHS office, 4200 Cedar Avenue S at 1:00 p.m. This group is open to anyone who is a caregiver for a loved one. Aggie Sorenson, parish nurse, is the group facilitator.



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Upcoming Nokomis Healthy Seniors Events

Fall Frolic

(see page 5 for more information)

When: Saturday, October 25
Time: 4 – 8 p.m.
Where: Bethel Evangelical Lutheran Church
4120 17th Ave. S., Minneapolis

Herberger's Community Day

When: Saturday, November 15
Time: 6 a.m. – 10 p.m.
Where: All Herberger Locations

NHS is selling coupon books for \$5. Inside this booklet is a \$10 coupon and eight other coupons for you to use. Please call our office or speak to a board member to get yours!

Book proceeds go entirely to NHS, so shop until you drop for Nokomis Healthy Seniors!