



Sharing the Health

NOKOMIS HEALTHY SENIORS

**4120 17th Avenue South
Minneapolis, MN 55407**

Fall 2010

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The Nursing Component of a Living at Home/Block Nurse Program

Since Nokomis Healthy Seniors began as a Medicare project over 16 years ago, it has evolved to provide a variety of services needed by area seniors to help them remain safely in their homes. Many people are aware of NHS' transportation and grocery shopping assistance, the health and educational programs, and the blood pressure clinics. Home care nursing, however, was the basis on which NHS was formed, and has evolved to better help area seniors both with chronic nursing needs and during times requiring more acute care.

Many seniors take advantage of NHS' nursing services for ongoing health needs such as setting up medications and regular health assessments. But it's a little known fact that NHS nurses can provide home care services following a hospitalization or a stay at a rehabilitation facility. Sometimes extra medical care is needed during the transition back to living at home. NHS can arrange for nursing and home health aide services such as medication preparation, wound management, and bathing assistance, as well as physical and occupational therapy if appropriate.



How you can choose Nokomis Healthy Seniors nurses for your care after a hospitalization:

- While in the hospital or rehabilitation facility, ask to speak with the discharge planner. This person can contact NHS directly to set up nursing services.
- Let your family know that you want NHS to provide nursing services after your hospitalization.
- Keep the NHS contact card in your wallet to share with hospital discharge planners.

If you would like more information please do not hesitate to contact the NHS office at 612.729.5499.

News From the Board Chair

Greetings!

Thank you for your response to Nokomis Healthy Seniors' annual appeal letter. Your generous donations have totaled over \$8,000!

I hope that all of you have had the opportunity to read the Star Tribune front page article, "Helping Seniors Stay at Home" that appeared in July. The article presented an affordable and viable alternative to nursing homes highlighting two seniors Nokomis Healthy Seniors serves. I had the opportunity to be at one of the interviews, listening and observing as the reporter and photographer captured the story.

For the NHS Board, the Star Tribune article was a timely piece as we develop our Strategic Plan for the next 3-5 years. Lisa Dunn, a NHS Board member, is leading us through the process. (If you had the opportunity to chat with Lisa as she collected information, we thank you for your input and feedback.) The statistical data for our area has been gathered. We have identified our strengths and weaknesses and are working to determine how to maximize our services to the seniors of this community. In August the Board discussed and prioritized five mission objectives and who we will serve. This is not an easy process since they all are important. An initial strategic plan will be completed in the coming months. Each NHS committee will further define detailed goals for their specific area.

Summer has passed much too fast and fall brings a new schedule. We have two exciting events in October. You won't want to miss them! More details will be coming, but mark your calendars now:

- Saturday, October 16: Fall Frolic and Book Sale
- Thursday, October 28: Mayor Rybak will visit Nurse Is In (9-11am at Bethel Evangelical Lutheran Church).

We hope you can join us!
Sharon Rodi
Board Chair

7th Annual Hot Dog Sale a Success

Each summer Nokomis Healthy Seniors partners with Bergen's SuperValu to bring our summer hot dog sale to the community. This neighborhood grocery store has sponsored the event for seven years, and during the June sale helped NHS raise over \$1200 to support area seniors.

Bergen's SuperValu is an important member of the community and a great supporter of the seniors of the Nokomis community. Thank you, Bergen's SuperValu, for supporting Nokomis Healthy Seniors, neighborhood seniors and the entire Nokomis community!

Help Nokomis Healthy Seniors: Give to the Max!



GiveMN.org is an online donations site for non-profit organizations in Minnesota. On Tuesday, November 16, GiveMN.org will be holding **Give to the Max Day**. For one day only, Give MN.org may increase the value of your donation through these contests:

Show me the money!

GiveMN.org will award \$20,000 and \$10,000 prizes to the two Twin City non-profits and the two Greater Minnesota non-profits that attract the largest number of individual donors.

Hourly giveaways!

Throughout the 24-hour event, one donor will be randomly chosen every hour to have \$1,000 added to their donation.

Please go to www.GiveMN.org on November 16th and support Nokomis Healthy Seniors with your donation!

BBB Warns Against Five Scams Targeting Seniors

Fraud targeting senior citizens is a growing concern. According to a June 2010 survey by Investor Protection Trust, more than 7.3 million senior citizens—roughly 20 percent of Americans aged 65 or older—have “been taken advantage of financially in terms of an inappropriate investment, unreasonably high fees for financial services, or outright fraud.” The Better Business Bureau of Minnesota and North Dakota (BBB) encourages families to keep the lines of communication open with their elders regarding finances and to recognize some common cons targeting seniors.

The BBB warns against the following five scams that commonly target senior citizens:

Sweepstakes and Lottery Scams: Typically, the victim receives a letter in the mail stating they have won a lottery or sweepstakes; it might even claim to be from Publisher’s Clearing House or Reader’s Digest. The letter instructs the victim to deposit an enclosed check and then wire a portion back to the company to cover taxes or administration fees. While the funds will initially show up in the bank account, the money will be removed when the bank determines the check is a fake. The victim is out whatever funds they wired back to the scammers, often thousands of dollars.

- **BBB Advice:** Never wire money to someone you don’t know. You should never have to send money to receive any winnings from a lottery or sweepstakes.

Medicare Scams: Navigating the Medicare system isn’t easy and some scammers will look for any opportunity to take advantage of the confusion. Commonly, a scammer will claim to be with Medicare and ask for personal information such as Medicare, Medicaid, Social Security, credit card or bank account numbers. The victim might be given any number of excuses to provide this information including an error needs to be fixed, that he or she is part of a survey or eligible to receive free products or can sign up for a new prescription drug plan.

- **BBB Advice:** Remind your elderly family members that Medicare will never call to ask for sensitive personal financial information. If you suspect fraud contact your local police or the Health and Human Services Office of Inspector General at 800.HHS.TIPS.

Bereavement Scams: Scammers will often try to take advantage of the increased vulnerability of senior citizens who have recently lost a loved one, such as a spouse. In one recent example, a mother and daughter team in Ohio would find targets by scouring the obituaries. They would then call the widow or widower and claim that their spouse had outstanding debts that needed to be paid immediately. Victims would then provide a blank check or credit card.

- **BBB Advice:** Offer to assist elderly family members if they have recently lost a loved one and are inexperienced in managing finances. If you are uncertain about owing a debt when collectors call, ask for written confirmation.

Deceptive Professionals: While many scammers operate anonymously, some will be invited in the front door including technicians, contractors, chimney sweeps, air duct cleaners and other services. While most professionals in these industries are reputable, some will lie about the extent of the problem or claim dangerous defects exist and then inflate prices.

- **BBB Advice:** Find professionals you can trust by visiting www.bbb.org/us/bbb-accredited-businesses. Always research a company with the BBB before you hand over any money and report any deceptive services to your BBB, local law enforcement and the state Attorney General.

Investment and Work-at-Home Opportunities: Promises of easy money often target older adults because they may be looking to supplement their income. The pitch might come in the form of an investment opportunity that promises big returns, or as a way to make money at home for an upfront cost. Regardless of the specifics, the victim is offered what sounds like a great opportunity but the extra income never materializes.

- **BBB Advice:** Always research any work-at-home opportunity with the BBB. Beware of investment or money-making offers that seem too good to be true or use high pressure sales tactics to get you to sign up immediately.

For more advice on avoiding scams and fraud visit www.bbb.org/us/consumer-tips-scams or contact the BBB at www.bbb.org or 651.699.1111, or toll-free 800.646.6222.

Senior Profile: Padma Hejmadi

By Judy Grimes who thanks to her husband, John, for his assistance and support

An intelligent, delicate and lovely flower “growing” in her peaceful, welcoming apartment is the way I would describe Padma Hejmadi. As I sat talking with her, I felt as though I was being given a spiritual massage. I’m always a bit nervous at the beginning of an interview, but Padma has a calming presence which put me instantly at ease. As she talked, I knew there was much I could learn from this very bright yet humble lady.

As we talked I discovered that she is, indeed, always growing and learning. She has a distinct love of learning and is willing to share it all. A former Classic Indian Dancer trained in the Manipuri Dance of India, Padma retired from professional dancing at age 17, but dancing is still a part of her spirit. She came to the United States after earning a B.A. from the University of New Delhi. She continued her studies at the University of Michigan in Ann Arbor where she earned a Masters degree. She has taught at the University of Colorado in Boulder and conducted seminars and readings at Vassar and Brown Universities in addition to the Master of Fine Arts Program at Columbia University.

Padma has traveled extensively. She was with her mother the first time she traveled to Europe, and she



has since enjoyed a life-long love of travel. She has visited many different parts of India, as well as Singapore and Japan, and has lived in New York and Hawaii. Her travels are apparent in the paintings and other visual art on the walls of her apartment at Nokomis Square. She has a collection of contemporary and traditional pottery, but the stunning black and white photographs on display told me this woman has almost more talent than her slight body can hold. I have no doubt that she can cook your socks off, too!

Nokomis Healthy Seniors is an important part of her life, providing transportation to medical appointments and a comforting connection to her neighborhood, which she loves.



Thank You, Wally!

On August 12th during Nurse Is In a special thank you party was held for Wally Sibell. Wally has been an invaluable volunteer for the NHS program for the past six years, driving many seniors to appointments or to get groceries. He has picked up needed prescriptions or just had a friendly lunch and conversation with one of the many seniors who are a part of NHS. On behalf of Nokomis Healthy Seniors staff and board, and all the seniors you have helped, thank you, Wally!

Making a Personal Impact: That has a great “ring” to it!

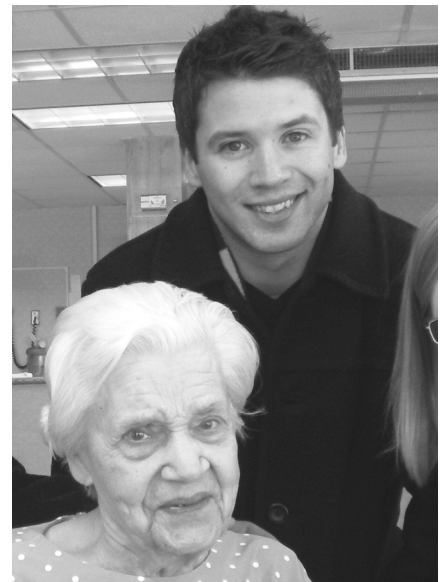
By Rob Baas

Recently, Adam Segar, a volunteer for Nokomis Healthy Seniors, experienced firsthand how valuable helping others can be. Over the July 4th weekend, his fiancé’s engagement ring accidentally dropped to the bottom of Lake Minnetonka while they were boating. A complete stranger, learning of their misfortune, spent three days searching the lake. To Adam and his fiancé’s amazement, the stranger was able to locate and return the ring to the grateful couple.

How does this story relate to what drives Adam to volunteer for Nokomis Healthy Seniors? Much like the stranger who returned their ring, Adam shared that he was looking for an organization where his volunteering would make a significant and personal impact on the lives of others. Growing up in Mankato, Adam learned early on from his parents the value of a strong work ethic and the importance of supporting their neighbors. He also often volunteered through his involvement with the Boy Scouts.

Soon after Adam moved to the Nokomis neighborhood, he received a Nokomis Healthy Seniors newsletter in the mail indicating the organization was looking for volunteers to help with its annual Clean-a-Thon. Adam recalled his Boy Scouts days when he

did clean-up work for seniors and quickly decided to volunteer. Through this event, Adam realized that Nokomis Healthy Seniors is made up of many like-minded individuals – focused on making a real difference in the lives of seniors. Since then, Adam has also helped individual seniors with several handyman projects around their homes.



Volunteer Adam Segar with his grandmother, Virginia Segar.

Thank you Adam for your volunteering efforts – there is more than a “ring” of truth in the fact that you are making a significant, personal impact on the lives of others!

Be a Leader!

The Minnesota Department of Health is seeking individuals to become Certified Leaders of the Living Well with Chronic Conditions self-management workshop in the Nokomis area.

Living Well with Chronic Conditions is a workshop that provides information and practical skills for: managing pain and fatigue, healthy eating, physical activity, making informed treatment choices, and talking with your

doctor and family about your health concerns. Participants gain confidence, motivation and find the practical solutions they need to manage the challenges of living with a chronic health condition.

In order to become a Certified Leader, you must attend a series of free training sessions conducted by the Minnesota Department of Health (upcoming dates listed below). Advance registration is required.

October 14, 15, 21 and 22
8:30 am to 4:30 pm
Arthritis Foundation
1876 Minnehaha Avenue West
St. Paul, MN 55104

For more information or to register please call the Minnesota Department of Health at 651. 201.5499.

This program is brought to you by the Minnesota Academy of Family Physicians Foundation and the Minnesota Department of Health.

Kristen's Korner

Happy summer to everyone and I trust you've stayed cool. I hope everyone had a chance to see the front page article on NHS and the Living At Home Network in the Star Tribune. If you did not see it, please call the office and we can send you a copy of the article. We've also set up a special weblink to the article, go to www.bit.ly/sTRIB_nhs. A special thank you to Delores Aldous, Lorraine Anderson and all the volunteers who were so gracious as to be interviewed to share their stories.

Nokomis Healthy Seniors would like invite you to meet Minneapolis Mayor R.T. Ryback on October 28th at the Nurse Is In Clinic at Bethel Church. The Mayor will be here from 10am – 11am and wants to hear from you! Additionally, you can get your blood pressure checked by our nurse and enjoy treats and coffee just like every Thursday. I hope to see seniors, volunteers and anyone who wants to share with Mayor Ryback the importance of supporting the seniors of the community.

Lastly, I want to invite you to our Fall Frolic this year on October 16th from 10am to 4pm. There will be choirs singing, food provided by Fat Lorenzo's, a book sale, silent auction and bingo. Please attend, have fun and support the program that has been supporting the Nokomis community's seniors for over 16 years.

Have a wonderful and cozy fall. See you at the Fall Frolic AND remember to let the Mayor hear from you on October 28th.

Flu Shots Available

Nokomis Healthy Seniors will host a flu shot clinic during the CoAM Health Fair on October 18th, from noon-1:30pm, at Bethel Evangelical Lutheran Church, 4120 17th Avenue S, Minneapolis. We will be able to take all insurance and vouchers, so be sure to bring these with you.

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* blood pressure clinic every Thursday morning with pedicures
- Congregate Dining
- Blood pressure clinics at Standish Green Apartments (open to residents and nonresidents)

Senior Helpline

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

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

Volunteer Matches

- Friendly visiting
- Grocery shopping

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

Health Programs and Other Notes

September 29 **1:30 p.m.**
Fall Prevention/Home Safety Checks
John Sanchez, Physical Therapist

October 27 **1:30 p.m.**
Safety While On Vacation
Sue Roethle, CCP Safe Officer

November 24 **1:30 p.m.**
Holiday Music
Burnsville High School Choir

No program in December – Happy Holidays!

*Meetings are held at Faith Lutheran Church,
3430 East 51st Street*

*These programs are free and open to the public.
Beverages and treats will be provided. If you need
a ride to any activities please call the NHS office.*

Nurse Is In

What is Nurse Is In? You can 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.

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

Exercise Program

Every Tuesday and Thursday from 10 to 11 a.m., NHS offers exercise classes at Bethel Evangelical Lutheran Church.

All classes are tailored to each participant's abilities. A donation of \$1 per class is appreciated.

Blood Pressure Clinics

*These blood pressure checks
are free and open to the public.*

Standish Green Apartments

2210 East 40th Street

The fourth Thursday of every month at 12:30 p.m.
Open to all community members

Holy Cross Lutheran Church

1720 East Minnehaha Parkway

The first Thursday of every month at 12:30 p.m.
The church has Congregate Dining every weekday.
If you would like to make a meal reservation, call Evelyn 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

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

The second Thursday of each month at 10:00 a.m.
Julie Rindelaub from Vision Loss Resources facilitates.

Caregiver Support Group

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

The last Thursday of the month at 1:00 p.m. The group will meet on Nov. 18 and Dec. 16 due to the holidays. This group is open to anyone who is a caregiver for a loved one. Aggie Sorenson, parish nurse, is the group facilitator.

Grandparents Raising Grandchildren

Nokomis Presbyterian Church, 1620 East 46th Street

The fourth Monday of the month at 6:00 p.m. Child care is available, please call NHS to arrange.



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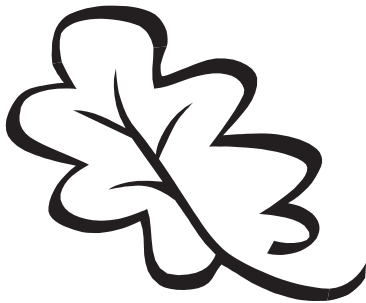
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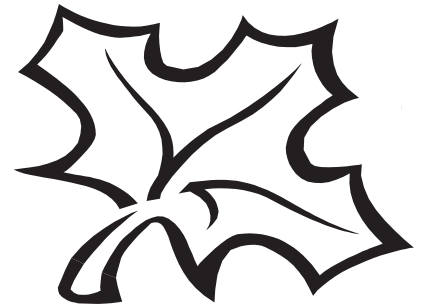


Fall Frolic!

Saturday, October 16

10am – 4pm

Bethel Evangelical Lutheran Church
4120 17th Avenue South, Minneapolis



Please attend our Fall Frolic and support the organization dedicated to assisting our community's seniors to continue to live safely in their homes.

There will be a silent auction, BINGO, door prizes and a book sale (all books \$1.00).

Fat Lorenzo's will provide delicious pasta and the Nokomis Healthy Seniors Board will keep you happily nibbling on a variety of desserts.

Musical entertainment will be provided for your enjoyment.

Cost for pasta dinner, music & fun:

\$10 adults	\$7 seniors
\$4 kids (12 & under)	\$4 for students
\$25 for a family of four	

Call Nokomis Healthy Seniors at 612.729.5499 with questions or to volunteer.