



Sharing the Health

NOKOMIS HEALTHY SENIORS

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

Winter 2010

Volume 14, Number 1

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Spring Clean-A-Thon is Just Around the Corner!

Although winter is just beginning to tighten its icy grip on the state, it's not too early to start thinking about warmer days ahead – and, in particular, Nokomis Healthy Seniors' 2010 spring Clean-A-Thon! This year's Clean-A-Thon, our 8th annual event, will be held on Saturday, April 24, 2010.

The annual Clean-A-Thon is one of Nokomis Healthy Seniors' main fundraising events. Each spring the "clean teams", made up of three to five volunteers, spend a Saturday morning cleaning the home of a senior in the community who has requested assistance. Team members raise money for NHS by collecting pledges from sponsors. Seniors benefit by receiving a thorough cleaning of the hard-to-reach places in their homes, yard work or other household chores that are difficult for them to do.

The Clean-A-Thon has grown every year since its inception in 2003. Both the number of volunteer cleaners and the number of seniors served has increased. In 2003 there were only two cleaning teams, the energetic "Dust Bunnies" and the mighty "Clean Sweep." Last year, 2008, 14 teams cleaned 12 houses and raised more than \$2,500 for Nokomis Healthy Seniors. Each year teams engage in a friendly competition for various



trophies including the Bronze Broom, the Silver Dust Pan, and the coveted Golden Plunger, an ordinary toilet bowl plunger that has been transformed with the help of gold spray paint into a trophy worthy of the Oscars! In addition to breakfast treats before the event and pizza donated by Fat Lorenzo's afterwards, team members enjoy the camaraderie of working together, the satisfaction of helping others, and the privilege of getting to know some of our neighborhood's seniors, many of whom share stories (and sometimes delicious home-baked goodies!) with the teams.

Clean-A-Thon, continued on page 2

News From the Board Chair

Greetings!

Hope this newsletter finds you well rested after the busy holiday season. We at Nokomis Healthy Seniors are ever-grateful for your generous donations of time, talent and financial support in 2009 – donations are still coming in from our holiday giving appeal. With your contributions, NHS will be able to continue serving our community's growing senior population.

2010 will bring challenges as NHS expects the trend of more seniors seeking services to continue. More than ever we look to our neighbors and community partners for new volunteers. Some options for direct service volunteering include: driving, grocery shopping, friendly visiting, and respite care. But the opportunities don't stop there! If you have talents in marketing, public relations, development, financial management, strategic planning, program planning and evaluation, or information technology, NHS needs you! Please call the NHS office at 612.729.5499, or send us an email if you are interested (page 4 for more details).

This marks my last column as board chair, as I have decided not to seek a third term on the board. I will miss the dedicated staff, board members and volunteers at NHS very much, but I will remain in contact to keep up to date on NHS activities and progress. I continue to be amazed at the work our volunteers and staff members perform each day to meet the needs of our community's seniors. It's hard to believe it's been four years since I joined the board; NHS has experienced a lot of change since then, not the least of which was a new executive director in 2006 and two offices moves! I am honored to have worked with such dedicated and delightful people, and am setting my eyes on NHS' bright future.

Gratefully,
Sarah Tellijohn
Board Chair

Clean-A-Thon, continued from page 1

The Clean-A-Thon is truly a community event. Past teams have been made up of members of church youth groups, Scouting groups, NHS board members, staff, and volunteers and their friends and family members, and even local politicians. Local businesses support the event through monetary sponsorship and by donating cleaning supplies, food for hungry clean team members, and other items.

Prior to the Clean-A-Thon, NHS will meet with seniors interested in participating to explain the process and determine what tasks the senior wants done. If you are a senior who would like assistance with a cleaning project or help with yard work this spring, please contact the Nokomis Healthy Seniors office at (612) 729-5499.

If you are interested in joining a clean team or would like to create your own, please contact the NHS office. We'd love to have you join us!

Paid Advertisement

PEOPLE WITH ALZHEIMER'S DISEASE NEEDED FOR AN EXERCISE STUDY

If you have Alzheimer's disease and are ≥ 60 years old, you might be able to take part in an exercise program. A fitness trainer will train you to cycle on a stationary cycle, 3 times a week for 6-months. The trainer will monitor your responses to exercise. If you cannot cycle, other exercise will be worked out. You will receive gym membership and compensation.

*For more information, please call
Dr. Fang Yu at 612.624.5435 or
Christine Peterson at 612.626.9669*

Winter Safety Suggestions

By Zinda Piskolich

Being prepared for the elements ahead of time can take some of the anxiety out of winter. Here are a few suggestions that I hope you find useful.

1. It is important to have regular contact with a friend or loved one so others know all is well with you. If you'd like, NHS could provide regular phone check-in to verify your safety and provide social contact.
2. Try to avoid slips and falls.
 - Make sure your walkways are properly shoveled and apply salt or sand for extra traction. If you need help with shoveling call NHS to help with coordinating snow removal, we may even have a volunteer who could assist.
 - Consider wearing a "traction device" on the bottom of your shoes. These gizmos stretch onto nearly any shoe or boot. I feel completely secure walking on ice when wearing "Yak Trax" brand on the bottom of my shoes. Call the NHS office if you would like more information on how to find this particular product.
3. Dress carefully for the elements. Dress in loose fitting layers and wear a scarf to cover your mouth, protecting your lungs from direct cold. Mittens will keep your fingers warmer than gloves.
4. Beware of carbon monoxide. Carbon monoxide (CO) is a by-product of combustion. Furnaces, wood stoves, gas heaters, gas clothes dryers, etc., all produce CO as a by-product and you need to make sure they are vented properly for safety.
 - It is a good idea to have a carbon monoxide detector near your bedroom and on every level of your home.
 - Have a professional inspect appliances for proper ventilation setup, cleaning and functioning.
 - Open your garage door when warming up your car in the garage.
5. Take good care of your skin. Cold air holds less moisture and is therefore very drying. Be sure to use



lotions on your hands, face and body. Not only is dry skin itchy and uncomfortable but the small cracks in your skin can snag and tear, creating a wound. You may also want to use a humidifier in your house, or at least in your bedroom. A humidifier will help keep your skin more moist and your breathing will be easier and more comfortable.

6. Be prepared for a power outage.
 - Have an emergency supply kit that includes flashlights with working batteries, a heat source with good ventilation, extra blankets, and food that does not require cooking or preparation.
 - Know how to shut off water valves.
 - If necessary, let faucets drip slightly to avoid pipes freezing.
 - Have a plan in place for someone to check on you if a power outage occurs.
7. Prepare for winter driving
 - Let someone know your travel plans.
 - Have an emergency kit in your car in case you get stranded. Include blankets, an extra sweater or coat, hats, gloves, and candy bars.

Senior Profile: Eleanor Powers

By Zinda Piskolich

Eleanor heard about NHS by word of mouth many years ago. She takes advantage of the volunteer drivers to get her to doctor and dental appointments, the grocery store, and to the Nurse Is In pedicures and blood pressures. NHS volunteers have also helped out around her house with plumbing, spring cleaning, and lawn work. These volunteer services have helped to keep her living in her home independently.

Eleanor grew up with eleven brothers and sisters on a working farm in Cambridge, Minnesota. All of the children were expected to participate in the farm work to help put food on the table, including tending to cows, cleaning the barn, maintaining a garden, etc. While participating in the required chores, Eleanor also kept a focus on schooling, and was the first in her family to attend and graduate from high school. After

school she moved to Minneapolis where she applied her diligent, independent work ethic, working at Sears and eventually finding and marrying the “most handsome man [she] had ever met,” Bill. The two would raise six children in their South Minneapolis home.

Today Eleanor keeps busy with reading, tending to her flower gardens, playing cards and making preserves. Time spent with her children and grandchildren is precious, and Eleanor recounted numerous happy stories of the joys of her family’s time together.

At the end of my conversation with her, Eleanor wanted to make sure I added, “Nokomis Healthy Seniors is priceless!”

Volunteer Office Help Needed!

Happy New Year!

We at Nokomis Healthy Seniors are looking for a little help around the office. Perhaps you or someone you know (a son or daughter, grandchild or friend) would like to get involved. We are seeking volunteers with skills in:

- Marketing
- Website design
- Database design and updating
- Managing social networking sites such as Facebook or Twitter
- Writing press releases
- Advertising
- Writing articles or even just suggesting interesting article topics

Volunteering even just a couple of hours a month can make a big difference in the lives of area seniors. We welcome new energy and ideas. Please call the office at 612.729.5499 or swing by to chat.

We would like to apologize to Esther Gruidl for omitting her name from the donor list in our last issue. Thank you for your support!

Volunteer Profile: Kim Gordon

By Julie Toth

Remember when the President asked the country's citizens to step up and volunteer? Kim Gordon sure does. She heeded the call and contacted Nokomis Healthy Seniors to see how she could help.

A long-time resident of the Longfellow neighborhood, Kim has a history of volunteering to help the community. She's worked with the Wildlife Rehabilitation Center, a local theater, environmental groups, and arts organizations. She has helped NHS seniors with rides to appointments and gardening, and has formed a close bond with one senior with whom she goes grocery shopping and runs errands on a regular basis. She finds her volunteering to be personally rewarding and always interesting.

A professional artist favoring plein air oil painting and a graphic designer and illustrator "to pay the

bills" (she says with a laugh), Kim has many interests. She's an animal lover with three cats and a dog. She is studying ikebana (Japanese flower arranging) and she enjoys cooking and spending time outdoors. Now she's working to change her yard into a native garden... as soon as it thaws!

When asked why she volunteers for NHS, Kim replied with a smile, "I want to contribute to something that I hope will be available to me when I need it!" She finds the interactions of volunteering for NHS to be personally rewarding, too. She noted that everyone has a story to tell, and the time she spends with the seniors allows her to hear some of their amazing histories.

NHS is proud to have Kim as part of our team. Many thanks, Kim!

Exercise and You

Imagine your doctor handed you a prescription at the conclusion of your office visit with the following message: "Walk briskly for 30 minutes 4-5 days per week. No stop at the pharmacy required and the health benefits are many." This may seem like an unusual prescription, but the evidence shows that exercise is good medicine. You know that exercise is good for the body, but recent data show it's also good for the mind as it prevents and slows the progression of dementia. Exercise has so many proven benefits it would fill a couple of pages to list them all here.

So what is keeping you from being more active? To reap the rewards of a more active lifestyle you don't need to buy expensive equipment or join a gym. Think of ways to become more active in the course of your day. Choose to walk around the block instead of watching a TV program, climb the stairs, carry in the groceries, follow a young child around for a few hours. During the winter months in Minnesota we need to be more creative in looking for ways to stay

active. Have you considered walking in a mall, joining an exercise group at your local park or community center, or renting an exercise video at your library? Nokomis Healthy Seniors even offers an exercise class designed for seniors twice a week. You are never too old to begin an exercise program. Start slowly, listen to your body and keep moving! Remember: every bit you do counts!

If you are healthy, being active can decrease your chances of developing a chronic condition such as diabetes or arthritis. If you have a chronic health condition, chances are you can benefit from being more active. "Almost all older adults, regardless of age or condition, can safely improve their health and independence through exercise and physical activity" (from: *Exercise: A Guide from the National Institute on Aging*; this guide is free and can be ordered at www.nih.gov/nia or call 1-800-222-2225). Now are you ready to get moving? Join the exercise class at Nokomis Healthy Seniors and keep active with us!

Kristen's Korner

I hope everyone had a wonderful holiday season! With all the hustle and bustle that the holiday season holds, I hope you found time for yourself. Please be sure to read the article on winter safety provided by our Board Member Zinda Piskolich, RN, CWOCN. Stay safe and remember to call NHS if you need any assistance this winter.

Nokomis Healthy Seniors would like to thank Allianz Life for their continued support of the NHS program. This year over 100 Allianz employees put together and distributed 100 gift bags to area seniors for the holidays. Allianz not only raises the money for purchasing items for gift bags but they also take the time to deliver these appreciated holiday gifts to Nokomis area seniors.



Nokomis Healthy Seniors sincerely and heartily thanks the Allianz donors and volunteers (photographed above) for all they do!

The Nokomis Healthy Seniors fall event, our annual Fall Frolic was held in October was a huge success. Over 200 individuals attended the event and enjoyed a pasta dinner provided by Fat Lorenzo's. There was music, a silent auction and raffle for attendees. The raffle and silent auction prizes were generously supplied by businesses in the greater Nokomis area. Several businesses and organizations sponsored the event and fun was had by all! Mark your calendars for the 2010 Fall Frolic!

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

January 27 1:30 p.m.

Scams to watch out for!
Beverly Gherity from the BBB

February 24 1:30 p.m.

Organizing & Decluttering Your Home
Rachelle Evenson

March 31 1:30 p.m.

Music & Sing-A-Long
Wally Hinnes

April 28 1:30 p.m.

Power of Attorney &
Health Care Directives
Attorney Michael Persellin

*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

Every Thursday morning from 9 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.

Exercise Program

Every Tuesday and Thursday from 10 to 11am, 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

Ebenezer Lutheran Church, 1830 East 41st Street
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.
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 4:00 p.m. Child care is available, please call NHS to arrange child care.



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Clean-A-Thon is Coming!

Spring is just around the corner and with it comes our fund-raising event, Clean-A-Thon! On April 24, 2010, NHS will host our 14th annual event to help seniors with some spring cleaning needs. If you're a senior who could use a hand, or a volunteer who would like to join us in the cleaning, please contact the NHS office at 612.729.5499. Join the fun!