



Sharing the Health

NOKOMIS HEALTHY SENIORS

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

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Elder Abuse: A Real & Growing Problem

By Colleen Connolly-Swope

Last March, the actor Mickey Rooney testified before a U.S. Senate Special Committee. He recounted his experience as an abused senior citizen. He told of being threatened, intimidated, harassed, and yelled and screamed at by his stepson. This stepson also held financial control, leaving Mr. Rooney no control over, or access to, his money. Mr. Rooney said he lost a fortune. In his testimony, he said this could happen to anyone. He is right, it can and it does – a lot.

According to the National Center on Elder Abuse (NCEA), an agency of the US Administration on Aging, one in ten elderly citizens will be the victim of some form of abuse. However, only one in five cases is reported. In February 2010, the latest statistics in Minnesota reflect that out of 902,284 senior citizens in the state, 99,662 confirmed abuse cases were reported and investigated.

Jump ahead about twenty years. The US Census Bureau forecasts that those 65 years and older will make up 20% of the population by 2030. In contrast, the same age group made up 13% of the population in 2008. That means in a few years many more of us will need the care and protection that our seniors need now.

What are the signs of abuse of seniors?

Elder abuse in Minnesota is divided into 3 categories: Physical, Financial and Neglect. Seniors may not be able to communicate what is happening to them due medical conditions or fear. If you notice changes in personality or behavior, see what is going on. Here are some warning signs to watch for:

Abuse:

- Physical Abuse: skin discoloration or bruises, cuts, scars or burns
- Emotional Abuse: excessive depression, sudden changes in behavior, or withdrawal from usual/normal activities
- Sexual Abuse: bruising or scarring around the senior's breast or genital area; an unexplained sexually transmitted disease

Financial Exploitation:

- Unpaid bills
- Sudden transfer or large amounts of money or property, such as real estate
- Sudden outflow of money

Neglect:

- Poor hygiene
- Failure to take necessary medication
- Excessive hunger or thirst

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News From the Board Chair

Fall is here!

Is October 15 circled on your calendar for the Fall Frolic? Nokomis Healthy Seniors' 4th annual fundraising event is coming right up. Join us for a great day of purchasing books for the coming winter from the book sale, eating a delicious meal, playing bingo, and bidding on silent auction treasures. Come and enjoy the day!

THANKS TO OUR VOLUNTEERS! The Twin Cities ranked as the top large city in the United States for the rate of volunteering (the state of Minnesota ranked third) in a report released by the Corporation for National and Community Service in August 2011. The seniors served by NHS see the assistance provided by volunteers every day. NHS would not be a success if it were not for their dedication.

The NHS Board of Directors welcomes your input as we continue serving the seniors of the greater Nokomis area. We invite you to share your talents, expertise and enthusiasm by becoming a Board member or joining one of our committees (Program, Development, and Outreach & Technology). You can work as a committee member without being a Board member.

- Program Committee directs the policies relating to NHS services. Currently including exercise, nursing, and health programs but also looking for new programs that enhance the seniors' daily living.
- Development Committee seeks and plans fundraising avenues which may include activities and events in addition to seeking other financial sources.
- Outreach and Technology Committee develops comprehensive communications that tell the NHS story and increase our visibility in the community through the newsletter, brochures and flyers, and works to improve NHS' use of technology to better communicate with our seniors and volunteers.

Gratefully,
Sharon Rodi, Board Chair

Thank You!!!

Thank you Inver Grove Toyota, Jeff Sterns, and Dan Schmitz, for the generous use of the convertible for the St. Helena parade. Your kindness was appreciated. We had a great time!!!!



Elder Abuse continued from page 1

Who is at risk?

Any senior can be at risk. Abuse crosses all ethnic, racial and economic lines. The risk is greater in seniors with dementia or Alzheimer's disease. A senior who has a history of being a victim of domestic violence can be more likely to experience repeated abuse. Also, living with someone may increase the chances of physical or financial abuse.

Who can be an abuser?

As with any form of abuse, the abuser can be a family member, a trusted family friend or a caregiver. Anyone that has preferred access or trust of the senior can be an abuser.

A unique category that has recently come to light is another senior as an abuser. Recent reporting shows that seniors in retirement communities, day-activities facilities and nursing homes are showing the same bullying actions that one would see with teenagers. This is not a joke! While most senior-on-senior bullying takes the form of emotional and psychological abuse (such as exclusion of others, insults, rumors), there are reports of physical abuse using canes, walkers and wheelchairs.

If your mom or dad says someone is picking on them, listen!

What can you do?

When possible, try to have a chat with the senior directly. He or she may open up to you. Alternately, there may be a family member with whom you can discuss your concerns. Too often family members may miss what is happening right in front of them - a third party may see so much more.

If you are not comfortable approaching the senior or a family member, contact the senior's doctor or home health provider. Persons in these capacities are known as mandated reporters. This means they have the obligation to report all forms of suspected abuse to authorities.

If none of these avenues is available to you, you can contact the authorities to have the senior checked on.

Remember, it is better to be wrong than to have not reported suspected abuse. By setting the standards by which we care for our seniors now, we benefit all seniors in the future.

If you believe that the abuse is life-threatening, call 911

To report suspected elder abuse, neglect, or exploitation in Minnesota:

- 1-800-333-2433 (Connects to the Senior Linkage Line, an information and referral line, which will direct callers to appropriate reporting agencies).
- 1-800-627-3529 (TDD/TYY access).

If you know a senior that lives outside of Minnesota that may need help, you can call the Eldercare Locator at 1-800-677-1116. Specially-trained operators will refer you to a local agency that can help. The Eldercare Locator is open Monday through Friday, 9 a.m. to 8 p.m. Eastern Time.

Sources for this article:

National Center on Elder Abuse & the US Administration on Aging; MSNBC (online); Elder Abuse Daily; US Census Bureau; Bloomsburg (online)

Calling All Writers!

Nokomis Healthy Seniors invites our loyal readers to contribute to the Share the Health newsletter. Whether it's a report on something going on in the neighborhood that other seniors should know about, or a piece of poetry to treat the mind, we would like to hear from YOU! We welcome authors of all types – give us a call at 612.729.5499 if you have something you'd like to share.

Senior profile: June Sibell

By Judy Grimes

June Sibell is a sweet, soft-spoken lady who lives in a lovely bungalow she shared with Wally, her husband of 46 years, having moved in just months after their marriage. Wally passed away in January, but June is surrounded by memories and memorabilia going back to Wally's grade school years. The two of them raised 4 children who have blessed them with 15 grandchildren and 3 great-grandchildren (with 2 more on the way). They are all good company for June, and one son now lives with her.

In addition to traveling with her husband to Avon conventions around the country, trips around Minnesota to antique shops, day trips to no particular place, and bicycle trips around Minneapolis, they attended many, many of their children's sporting events and June was active in the Girl Scouts for many years.

June worked for 19 years in a labor union office, which pleased Wally because he was involved in union activities most of his life. She was invited to all the union picnics, even though she belonged to a different union.

June is an avid baseball fan, attending Twins games whenever possible. She and Wally had a difference of opinion when it came to the teams, though. Wally loved the Yankees; she did not. Since June didn't drive, Wally faithfully dropped her off at the stadium and picked her up following the game. (That sounds familiar, doesn't it? Wally drove everybody everywhere. June sometimes wondered if she would



have to call Nokomis Healthy Seniors and have Wally scheduled to take her to a hair appointment!) She had a personal grocery shopper in Wally, who just loved the task and was very good at it, painstakingly reading all the ingredient labels. It was a bit trying for June those times she went with him because he was so meticulous, so she decided to just let him go by himself. It was the perfect arrangement.

She has some surgery scheduled in October, but after that June plans to start work on a scrapbook about her and her husband's life together. She calls it "The Wally Book". Hopefully, she will share it, and some of the many pictures she has, with Nokomis Healthy Seniors. It would be the ideal tribute to the husband she loved so much and who was loved and is missed by all who knew him.

If this seems like a story very much about Wally, it is because June and Wally's lives were so intertwined that separating their stories is impossible. Nothing could be written about June that didn't include him. They were two peas in a pod.

Join us for this year's Fall Frolic on October 15!!!



Volunteer Profile: Rachelle Evenson

By Jean Gotfredson

On a beautiful summer morning I found myself at a local coffee shop chatting with Rachelle Evenson. Her vibrant smile and contagious enthusiasm for life caught my attention immediately. Rachelle has been a volunteer for Nokomis Healthy Seniors for the past seven years.

Seeking a way to become involved in her community, she happened upon a hot dog sale being held outside Bergan's SuperValu, and learned about the NHS program and the ongoing need for volunteers. She felt it was a good fit for her and began driving seniors to the grocery store, weeding their gardens, assisting with home organization projects and generally offering a helping hand wherever needed. In return she has made many new friends and gained a new appreciation for those with whom she has worked.

Rachelle has a background in science/biology and quality control, which is useful in her work at Cal-drea, a local company making plant-based household cleaning products and hand lotions. Her interests include travel, cooking, baking and canning fresh fruits and vegetables from the local markets. She attends a yoga class three times a week, and is planning a trip to Germany with her husband in the near future.



We at Nokomis Healthy Seniors are grateful to Rachelle for making time in her active life to help the seniors of the Nokomis area.

NHS' 4th Annual Fall Frolic Saturday, October 15, 2011 9 a.m. – 3 p.m.

Nokomis Healthy Seniors' annual Fall Frolic fundraiser will be held on Saturday, October 15, from 9 a.m. to 3 p.m. at Bethel Evangelical Lutheran Church! Join us!

9 a.m. – Book Sale & Bake Sale begin

11 a.m. – Lunch and other activities begin

We'll have a book sale, bake sale, silent auction, raffle, bingo, face painting and crazy hair, with local restaurants providing a delicious lunch. Musical groups will take the stage to entertain us for the afternoon.

Tickets can be purchased in advance at the Nokomis Healthy Seniors office or at the door.

\$8 for seniors
\$12 for adults

\$6 for children
\$6 for students

\$30 for a family of four
(children under 12)

Mark your calendars and tell your families, neighbors and friends to come out for a day of fun in support of Nokomis Healthy Seniors. Call the NHS office at 612.729.5499 with any questions or to arrange transportation to the event.

Kristen's Korner

Nokomis Healthy Seniors has been very busy over the summer. Our annual Hot Dog Sale fundraiser at Bergan's SuperValu was successful again this year, raising over \$1,200 to support the seniors of the Nokomis community. Volunteers grilled up over 350 dogs and brats while promoting NHS. Bergan's SuperValu once again contributed both space and food for the sale. Thank you, Mr. Bergan!

Earlier this summer we began an activity called Lunch and a Movie and have had great turn-out. Seniors have enjoyed "Up" and "True Grit" in the Bethel Church cinema with lunches provided by Subway and Hospice of the Twin Cities. It's been a big hit! The next movie will be in March, so look in your next newsletter for details!

Thanks to Faith Lutheran Church and Oxendale's Market for hosting the Nokomis Area Block Party on September 11. We were able to let more of our neighbors know about NHS and our services, and raised more than \$500 with a silent auction. Hope to see you all there next year!

On a more difficult note, some financial support that NHS has received for many years has been cut by the City of Minneapolis due to federal funding reductions. To reduce expenses NHS will now close at 3pm Monday through Thursday, and will be closed on Fridays. Please be assured that this change in office hours will NOT affect NHS' ability to provide the services our seniors count on.

Please remember to mark your calendars for the 4th Annual Fall Frolic on Saturday, October 15th. There will be delicious food provided by several area restaurants, live music, a book sale and bake sale, games, a silent auction, a raffle and just great fun! Join us at Bethel Evangelical Lutheran Church from 9am to 4pm on October 15th. This year it's more important than ever to help NHS raise needed funds, and we'll have fun doing it!

I hope you all have an enjoyable fall. We look forward to seeing you at the 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
- 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

October 12 "Keeping Stress Out of Your Holiday"
1:30 p.m. Nokomis Square Cooperative, 5015 35th Avenue South

October 26 Choraleers
1:30 p.m. Faith Lutheran Church, 3430 East 51st Street

November 9 "Decluttering," Diane Bjorkman, Gentle Transitions
1:30 p.m. Nokomis Square Cooperative, 5015 35th Avenue South

November 30 "From Hospital to Home," MN Visiting Nurse Agency
1:30 p.m. Faith Lutheran Church, 3430 East 51st Street

December 14 "Humor is the Best Medicine"
1:30 p.m. Nokomis Square Cooperative, 5015 35th Avenue South

Now the Health Programs are at Nokomis Square, too!
All are welcome!

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.

Upcoming events can be found on our website: www.nokomishealthyseniors.org

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 Classes

NHS offers various exercise classes Monday-Thursday at Bethel Evangelical Lutheran Church, 4120 17th Avenue South.

Walk Your Worries Away: Mondays, 1 to 2 p.m.
Exercise: Tuesdays and Thursdays, 10 to 10:45 a.m.
Chair Yoga: Wednesdays, 10 to 11 a.m.

All classes are tailored to each participant's abilities. A donation of \$1 for walking and exercise is appreciated. Yoga is \$2 for yoga per class.

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

Nokomis Square Cooperative, 5015 35th 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. This group is open to anyone who is a caregiver for a loved one.



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2011 Fall Frolic

Saturday, October 15, 2011

Bethel Evangelical Lutheran Church

4120 17th Avenue S, Minneapolis

Book Sale & Bake Sale begin at 9:00 a.m.

Lunch and all other activities start at 11:00 a.m.

Music
Lunch from local
restaurants

Silent Auction
Raffle
Bingo

Book Sale
Bake Sale
Door prizes

Tickets can be purchased in advance at the NHS office, or at the door:

\$8 for seniors
\$12 for adults

\$6 for children
\$6 for students

\$30.00 for a family of four
(children under 12)

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or to arrange transportation to this event.

We look forward to seeing you there!