



Sharing the Health

NOKOMIS HEALTHY SENIORS

4120 17th Ave. S., Minneapolis, MN 55407

www.nokomishealthyseniors.org

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Keeping Your Balance

Excerpted from the National Institutes of Health NIH SeniorHealth

Have you ever felt dizzy, lightheaded, or as if the room were spinning around you? These can be very troublesome sensations. If the feeling happens often, it could be a sign of a balance problem. Balance problems are among the most common reasons that older adults seek help from a doctor.

In 2008, an estimated 14.8 percent of American adults (33.4 million) had a balance or dizziness problem during the past year.

Why Good Balance Is Important

Having good balance means being able to control and maintain your body's position, whether you are moving or remaining still. An intact sense of balance helps you

- walk without staggering
- get up from a chair without falling
- climb stairs without tripping
- bend over without falling

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The part of the inner ear responsible for balance is the labyrinth. To maintain your body's position, the labyrinth interacts with other systems in the body, such as the eyes, bones and joints.

Good balance is important to help you get around, stay independent, and carry out daily activities.

Did you know?

Some medications, such as those used to lower blood pressure, can make you feel dizzy. Other medications might damage the inner ear. Check with your doctor if you notice a problem while taking a medication.

Source: <https://nihseniorhealth.gov/balanceproblems>

Vertigo, the feeling that you or the things around you are spinning, is also a common symptom.

Falls and fall-related injuries, such as hip fracture, can have a serious impact on an older person's life. If you fall, it could limit your activities or make it impossible to live independently. Many people often become more isolated after a fall.

According to the Centers for Disease Control and Prevention, roughly more than one-third of adults ages 65 years and older fall each year. Among older adults, falls are the leading cause of injury-related deaths.

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Joan Bargman: Traveler, Teacher, Caregiver

Interview by Jan Myers

This summer I had a delightful conversation with Joan Bargman—a longtime friend of Nokomis Healthy Seniors. When Joan retired from nursing in 2001, she was tapped to join the NHS board, on which she served for four years. Until recently, Joan also volunteered to drive NHS seniors to appointments.

Joan's career as a nurse began with on-the-job training at Bethesda Hospital. Over the next 46 years, she nursed at Deaconess, Midway, and the University of Minnesota hospitals. She got further instruction at Moorhead State University and earned her Master's Degree at the University of Minnesota. While working a temporary job at Midway hospital, she applied for and was accepted in a position as medical-surgical nursing instructor. From then on she held various teaching positions at Deaconess, the University of Minnesota, and Bethel College, while continuing work as an RN.

Joan's volunteering touches people around the world. She helps to find new homes for care devices such as bath chairs and walkers (including "extras" from NHS) by bringing them to Global Health Ministries (GHM). GHM sends them on to hospitals in Africa and Asia. She also packs infant kits and hospice kits for AIDS patients that GHM distributes. Joan also sews; the products of her hands become quilt tops, hospital blankets for kids, and receiving blankets for newborns.

Joan doesn't just send stuff to the world, she's

been out there. She remembers her father poring over maps and plotting routes and miles. She had the "joy" of sharing the back seat with three sisters. This experience sparked her continuing love of travelling. The husband of one of her sisters worked for an oil company and had jobs around the world. Over the years, this connection gave Joan vacation spots in Libya, Malaysia, and Norway.

Joan's nursing work also brought her travel opportunities. She volunteered with the Peace Corps from 1963–65 in North Africa. During one break there, she was able to go on Safari in East Africa. In 1986 when she had no students for the class she taught at Deaconess Hospital, she answered the call for volunteers at a mission school in Zimbabwe. There, she became fast friends with the school director, who is from Sweden. The two women have visited each other in their home countries. Joan was last in Sweden in 2011. While Joan has no immediate traveling plans, she expects to see more of the world "one of these days" and is especially interested in visiting Prague, Dubrovnik, Budapest, and Istanbul.

Joan now lives in Richfield with her sister, but she continues to help NHS. Perhaps you will see her behind the table at the annual hotdog sale. Or you may see her helping organize the NHS office. Or maybe you'll join her in preparing newsletters or fliers for the mail. When you do see her, tell her Thank You!



A Moment with Megan

By Megan Elliasen

You are officially invited to a birthday party! Nokomis Healthy Seniors is celebrating our 20th year of service! On Thursday, November 13, we'll have a Bingo Birthday Bash as part of Give to the Max Day. Give to the Max Day is an annual fundraising drive for the non-profits of Minnesota. Come on over to Bethel Church, enjoy some birthday cake, play some Bingo, and help us celebrate 20 years of working with seniors in our community as we raise funds to carry us into our 21st year of service.

Save the Date! On October 4 we'll host a Wine Event fundraiser for Nokomis Healthy Seniors at the home of our Board Chair, Gayle Godfrey, one of the original NHS nurses. The Wine Event will include wine tasting with an expert, local beers, delicious appetizers and of course, birthday cake to celebrate our 20 years of service. It will be a delightful evening to welcome the fall with fellow supporters of Nokomis Healthy Seniors.

We could not have been such an effective organization for so long without an amazing staff and board of directors. Many of you know Becky and Gloria who work in the office, and our nurses: Cathy, Tess, Michael, and most recently Joan. They help provide such important services with joy and kindness. But you may not be aware of the work that our board does behind the scenes. They work on our long-term planning and sustainability, programming and fundraising. Many of our board members have worked at Nokomis Healthy Seniors in the past, and have come back to volunteer on the board.

I hope to see you at one of our fall events!



Birthday BINGO Bash



Each year there's a one-day fund drive—Give to the Max Day—in Minnesota to support all the non-profit and education organizations in our state, which makes it such a great place to live. On November 13th, we'll be celebrating our **20th anniversary** and letting people know how much we appreciate their support as we ask them to help support Nokomis Healthy Seniors into our next 20 years. Join us for our Birthday Bingo Bash with cake and prizes, and support the organization keeping our community's seniors in the homes they love! To give online on November 13th, please visit:

givemn.org/organization/Nokomis-Healthy-Seniors-Program

JOKE OF THE DAY

Patient: "Doctor, I get heartburn every time I eat birthday cake."
Doctor: "Next time, take off the candles."

Keeping Your Balance (cont. from page 1)

What You Can Do

Balance training and exercises to strengthen the muscles involved will prevent falls. Activities in which you're up and moving, including walking, are good for your balance. Try standing up without using your hands, or standing on one foot. It sounds simple, but when trying it you'll probably feel muscles working more than you expected!

See your doctor if you are experiencing persistent problems with dizziness, vertigo, or other problems with your balance.

Interested in other health topics just for seniors? Visit to <https://nihseniorhealth.gov/> to read about such topics as Healthy Aging, Memory and Mental Health, and Eating Well as You Get Older.



Did you know that NHS offers *A Matter of Balance* several times a year? This 8-week course is designed to help seniors strengthen themselves to have better balance and preventing falls. Please contact the NHS office at (612) 729-5499 to be notified about the schedule and fee for the next class.

Visit <http://go4life.nia.nih.gov/sites/default/files/PreventingFalls.pdf> for tips about preventing falls.

Nokomis Healthy Seniors Wish List

NHS operates mainly on donations—please help if you can! Here's what we are wishing for right now:

- Donations of wine for our upcoming Wine Event (see details in this newsletter)
- Chattervox cordless microphone
- 2- and 3-pound handweights
- Stretchy bands with handles

Are you handy around the house?

We're looking for a handyman or two to assist seniors with minor repairs such as changing light bulbs and cleaning gutters.

Contact Becky at (612) 729-5499 if you can help.

Nokomis Healthy Seniors Presents

A Wine Tasting Fundraising Event and 20th Anniversary Celebration

Saturday, October 4th, 6–9pm

6504 Warren Avenue, Edina

Wine tasting, local beers, hors d'oeuvres

Raffles & outstanding silent auction



Tickets: \$25 per person

Call the office at (612) 729-5499

to reserve your ticket. Availability is limited.

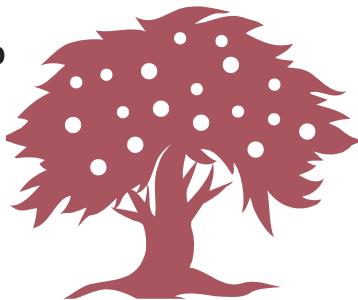


*Come Celebrate 20 Years of Helping Our Senior Neighbors
Stay in Their Homes.*

It's the time of the year for apples! Try this easy recipe made for one.

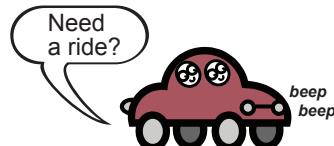
Single-Serving Apple Crisp

1 small apple
2 tbsp. brown sugar
2 tbsp. oats
1½ tbsp. flour
¼ tsp. cinnamon
1 tbsp. butter



Thinly slice the apple and place in a mixing bowl. Add 1 tbsp. brown sugar, ½ tbsp. flour, and ¼ tsp. cinnamon. Coat the apples with the dry ingredients and place in a small baking dish. Mix together the rest of the dry ingredients and the butter; put on top of the apple slices. Microwave for 60–90 seconds.

From <http://lacreativitedelafille.blogspot.com/>



Transportation

NHS provides transportation to medical and dental appointments. Just give us a call at (612) 729-5499 at least a week in advance to make arrangements. A \$5 donation is greatly appreciated.



Drivers Needed

Do you enjoy driving? NHS Needs You! Our volunteer drivers fill a huge need for transportation to medical and dental appointments as well as to the grocery store and other needs. Call (612) 729-5499 to learn how you and your car can help.

Health and Enrichment Programs

at Nokomis Square Cooperative

All programs are free (unless otherwise noted) and open to the public. They are held at Nokomis Square, 5015 35th Ave S. Beverages and treats are provided. If you need a ride to any activities please call the NHS office at (612) 729-5499.

October 8

1:30pm

"Nokomis Healthy Seniors: Who They Are and What They Can Do for You." Megan Elliasen, Exec. Director

November 12

1:30pm

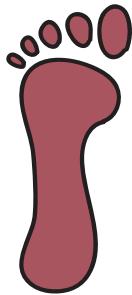
"Recycling: What's New." Nokomis Healthy Seniors

December 10

1:30pm

"Music for Life." Mary Hall

Visit www.nokomishealthyseniors.org for other upcoming events



About Foot Care at NHS by Michael Bowen, RN, Foot Care Nurse

Keeping our feet in good condition is even more important as we get older but can also become harder with age. That's why NHS offers senior foot care. Each session with a foot care nurse lasts 45–60 minutes. During this time a below-the-knee assessment is made, including looking at skin condition, circulation, foot structure, and pain issues. Feet are soaked in warm soapy water to soften the skin and nails. Nails are trimmed and calluses are removed. The session ends with a foot massage using reflexology techniques in which the muscles and tendons are gently stretched. This holistic approach relaxes the foot, decreases pain, and as one person commented, "makes you feel like you are walking on air." During foot care, you will also be advised about how to take care of your feet, including how to increase circulation, prevent foot injury, get rid of nail fungus, and pick the right shoes. Call (612) 729-5499 for an appointment.



Join us for the next Lunch & a Movie!

October 30th, 11:15 am lunch followed
by *42: The Jackie Robinson Story*
Call the office to reserve your spot.

WORDS OF WISDOM

"The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one."
—Erma Bombeck

Would you like to receive this newsletter electronically? To get this newsletter as a PDF, please send your email address to info@nokomishealthyseniors.org, and include your name and address so we can remove you from the newsletter mailing list. This will save us time, money, and help the environment. You can also find past issues online at 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 \$30 charge for a pedicure.

When: Every Thursday morning from 9:30am to 11:30am 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, unless otherwise noted.

Exercise: Mondays (at Faith Lutheran, 3430 E. 51st St.), Tuesdays & Thursdays (at Bethel), 10 to 10:45am.

Chair Yoga: Wednesdays (at Bethel), 10 to 11am.

All classes are tailored to each participant's abilities. A donation of \$2 for exercise is appreciated. Yoga is \$4 per class.

Support Groups

These groups are free and open to the public.

Diabetes Support Group

Nokomis Public Library, 5100 34th Ave. S
The first Friday of each month, 1:00–3:00pm.

Low Vision Group

Nokomis Square Cooperative, 5015 35th Ave. S
The second Thursday of each month at 10:00am.
Facilitator: Julie Rindelaub, Vision Loss Resources

Caregiver Support Group

Bethel Lutheran Church, 4120 17th Ave. S
The fourth Thursday of the month at 1:00pm.
Open to all who are caregivers for loved ones.

Bathing Assistance?

We partner with Fairview Home Care for all our seniors' nursing homecare needs. Fairview has a Community Wellness Division that will provide an hour-long visit for a bath for Nokomis Healthy Seniors clients at a substantially reduced cost. Please call the office at (612) 729-5499 for details.



DO YOU KNOW THE SERVICES WE OFFER?

Home Care by RNs and Home Health Aides

Assessments and health teaching
Personal care—bathing assistance,
light housekeeping, and footcare
Medication management

Senior Helpline

Referrals and resources for almost any need
Handyman help

Support Groups, Health, and Education

Caregiver support group
Low vision and diabetes support groups
Monthly health programs
Weekly exercise and yoga classes
Weekly women's group

Blood Pressure Clinics / Nurse Consultation / Health Support

Nurse Is In blood pressure clinic (Thurs. am)
Community blood pressure clinics
Health and Enrichment programs (second Weds./month)
Footcare, by appointment, Thursdays or in-home

Transportation

Medical/dental appointments
Other transportation needs

Volunteer Matches

Friendly visiting
Grocery shopping

For information on any of these services, please call the NHS office at (612) 729-5499



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Mark Your Calendars!

Health Fair

Monday, October 13th
11:45 am–1:45 pm
at Bethel Church

- Flu Shots, 12–1:30pm
- Blood Pressure Checks
- Soup Lunch, \$5, includes speaker Gary Johnson, “Be Wise, Be Informed, Be Empowered” on how to protect yourself against scams in today’s marketplace
- Call NHS at (612) 729-5499 or TRUST at (612) 827-6159 to reserve lunch

Please Join Us at the Caregiver Support Group

Bethel Lutheran Church, 4120 17th Ave. S.
Fourth Thursdays of month at 1:00pm.
Call (612) 729-5417 for more information.

*Open to all who are caregivers
for loved ones.*



NHS is on Facebook! Search for Nokomis
Healthy Seniors and LIKE us while you're there!

For the latest information, VISIT www.nokomishealthyseniors.org