



Sharing the Health

NOKOMIS HEALTHY SENIORS

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

www.nokomishealthyseniors.org

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The Caregiver Experience

By Cathy Bray, RN

Today's caregivers are often older individuals who provide care for longer periods of time to individuals with chronic illnesses who require more intense supervision. The growing number of people living with dementia is a major reason there is an increase in the number of long-term caregivers.

Statistics show us that over 80% of all the care given in this country is unpaid and provided by family or friends. Spouses provide the most intense and demanding types of care for longer periods of time, yet they're often unaware of support options available to them. When care is left to adult children, the responsibilities can be shared with other siblings, although studies show daughters typically shoulder most of the work. Adult children are more apt to seek support systems sooner than spouses. These days, families often live farther apart and this becomes a problem when added support is needed.

Not all caregivers react in the same way to the stress of caregiving. Caregivers can feel positive feelings, be depressed, feel guilty, angry, overwhelmed or resentful; in many cases, a caregiver feels some combination of many of these emotions.

Often caregivers seek outside help when there has been a change in the level of the care they provide or a change in the behavior of their loved one. Support for caregivers typically comes in the form of educational programs, counseling, support groups, case management, and respite care. Not all caregivers want or need all these different kinds of support. Now Nokomis Healthy Seniors offers Tailored Care, or TCARE[®], counseling. TCARE counseling is designed to assist caregivers with the stress and burden of caring for another person. Services are identified that match the specific needs of the caregiver as determined by the caregiver and the counselor working with them. Although caregivers sometimes decline assistance that perhaps seems unnecessary or unaffordable, discussing the options may provide useful ideas. The first step is completion of a brief questionnaire over the phone or by mail with NHS's TCARE counselor—call our office at (612) 729-5499 for more information.

Caregiving is a complex process involving many unique issues, but help is available to caregivers in most communities. Please call our office at (612) 729-5499 if you have caregiving questions. We have resources to help you.

Source: TCARE[®] www.uwm.edu/tcare

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TRIVIA OF THE DAY

The letter "O" is the oldest letter. It has not changed in shape since its adoption in the Phoenician alphabet circa 1300 B.C.

News from the Board Co-Chairs

By Lynn Radecki and Julie Toth

As spring approaches we look forward to longer days and warmer weather. Most of us are eagerly awaiting this change. At Nokomis Healthy Seniors, we are looking forward to connecting to more people and developing new ways to serve the seniors in our neighborhood.

We're excited to welcome two new board members: Gayle Godfrey and Emily Olson. Gayle was an nurse with Nokomis Healthy Seniors when it started as a Medicare Demonstration Project, and Emily is a Social Worker at Providence Place—take a look at their Volunteer Profile interviews in this issue. A big welcome to both of them!

We know there are plenty of folks in our area who don't know about NHS—yet. We're trying new ways to reach others in the community, starting with a presence on Facebook. Please, LIKE us on Facebook and help us make a better page. We'll be updating this site often so people will be able to keep up with current happenings at NHS.

Spring also means it's time for our annual Clean-A-Thon on Saturday, April 27th. This is a major fundraising event for NHS in which volunteers form teams that raise money through sponsors to do spring cleaning for some of the seniors in the NHS neighborhood. It's a great way to connect with your neighbors and help the seniors. Are you interested in forming a team to clean? Maybe sponsoring a team? Call the NHS office at (612) 729-5499 and let them know you want to help. We hope you'll join us for this important service and fundraising event.

Think Spring!

Nokomis Healthy Seniors Needs You!

In these difficult economic times, Nokomis Healthy Seniors is in competition with many other nonprofit organizations for funding. We ask that you consider supporting NHS in whatever way you can. It can be as easy as:

- Putting your Kowalski's shopping receipt (at the 5615 Chicago Ave. location) in the Nokomis Healthy Seniors box on their Groceries for Good Causes wall.
- Give a one-time or recurring donation to Nokomis Healthy Seniors online at <http://nokomishealthyseniors.org/give3.html> or by calling our office at (612) 729-5499.
- Make a memorial donation.
- Consider adding Nokomis Healthy Seniors Program to your will, or establishing a legacy gift or other bequest.

Every donation really does count. Thank you for your ongoing support!

THANK YOU!

The 2012 Fall Frolic was a great success. We spent an afternoon with fun entertainment and delicious food. Nokomis Healthy Seniors extends a heartfelt THANK YOU to these sponsors of the event: Henry W. Anderson Mortuary, Riverview Theater, Wells Fargo on Chicago Ave., Recover Health, The Waters, Seniors Serving Seniors, McDonald's Liquors, Fat Lorenzo's, and Bethel Evangelical Lutheran Church. NHS is grateful for the support of our community!

A Moment with Megan

By Megan Elliasen

Are you admiring the snowmen in the yards of your neighbors, or are you dreaming of your escape to a tropical island? By this time of year, I do a little of both. I know that getting out and being with others always helps me get through that last hump of winter. To me, being healthy is taking care of our mental needs as well as our physical ones, and that includes interacting with others. According to the Wilder Foundation, “research has shown that higher levels of perceived social connectedness are associated with lower blood pressure rates, better immune responses, and lower levels of stress hormones, all of which contribute to the prevention of chronic disease.”

At Nokomis Healthy Seniors there are a lot of opportunities to connect. It’s one of the things I love most about this program. After exercise class people linger over coffee and treats. At our weekly Nurse Is In, clients have the opportunity to talk with a nurse about health concerns and have their blood pressure checked. But what’s just as important, they can chat with other folks and see what they have been up to. At Lunch and a Movie they can enjoy a free lunch and laugh over a good movie. After our Health Programs we hope people will stay and socialize for a bit. Or join the Bingo parties we’re now hosting quarterly.

Many of our clients recently enjoyed a holiday gift bag and a visit with employees from Allianz, who we partner with each year. We had many seniors call and write about how much they enjoyed these visits. One client wrote to Allianz saying, “Thank you for all the useful items I received this past Christmas. Your kindness is a reflection of you and your company. . . . may all your wishes for the New Year be fulfilled.” We are so grateful for the generosity of Allianz and their kind staff. We hope to partner with other organizations and corporations to sponsor other events such as Bingo and Lunch and a Movie.

The next time you are experiencing cabin fever take a look at our calendar (in this newsletter, or at www.nokomishealthyseniors.org) or call (612) 729-5499 to see what we have going on. I hope to see you at one of our events soon. And while you’re at it, bring a friend or a neighbor—it’s always fun to meet someone new!

In the meantime, stay warm and keep dreaming of those golden beaches. The tulips will be up before you know it!

Nokomis Healthy Seniors Wish List

NHS operates mainly on donations—please help if you can! We need:

- Lunch sponsors for Lunch and a Movie
- Sponsors for Bingo parties (to provide treats, prizes and/or decorations)
- 2- and 3-pound handweights for use during the exercise classes

We need volunteers! Can you help?

- Office Help—we’re looking for one or two people on Mondays or Wednesdays to answer phones and do filing, as well as someone to do some data entry and word documents
- Drivers

- Coffee/Treat Server at monthly Health Programs (3 times/year commitment)
- Bingo Organizer—someone to run Bingo parties, bring treats and prizes—a great volunteer opportunity for a group!
- Computer Support—someone with IT experience who can help troubleshoot problems with office computers.
- Computer Database Skills—we also need someone with CRM database experience.

Contact Becky at (612) 729-5499 if you or someone you know is interested in volunteering.

QUOTE OF THE DAY

“Cats are smarter than dogs. You can’t get eight cats to pull a sled through snow.” —Jeff Valdez

volunteer profile

Emily Olson

By Sandra L. Smith

Emily Olson, who recently joined the Nokomis Healthy Seniors Board of Directors, was born on July 7th, 1977. With a birthday like 7-7-77, you could say that 7 is her lucky number! She and her sister, Sarah, grew up on a farm run by their father and uncle just north of Fosston, MN.

Emily went to college at Bemidji State University, majoring in social work. Says Emily, "I have always known that I would like to work with the elderly. My grandparents were very important to me." Emily's Grandma and Grandpa Olson lived just across the field from her home, and Emily and her sister often rode their bikes to visit them. She fondly recalls spending weeks at a time at her Grandma Boreson's home in St. Paul during the summers. Emily's grandparents lived to be in their late 90s. "I feel very fortunate that I spent so much time with them while I was growing up," she says. "It was very important to my parents that my sister and I stay very involved in our grandparents' lives. I'm so grateful that they instilled that in us at a young age. I knew that my focus for Social Work should be with the elderly, and I believe that my love for my grandparents led me to that career."

Emily began working in the Nokomis area at the Nile Health Care Center, now Providence Place, in 2000 and says she has learned so much from so many different



New Board Member Emily Olson with her nieces, Ramsey and Reagan.

people. She believes that all of the patients/residents have something to teach her. One of her top priorities is to make sure that the residents and their families know that they can come to her for assistance at any time during their stay. "I feel that it is very important that patients/residents know their voice is being heard."

Currently Emily lives in St. Louis Park with her dog, Lucy. Whenever she can, she drives to Detroit Lakes to visit her nieces. "I LOVE spending time with them!" she says enthusiastically.

Emily is excited to serve on the Nokomis Healthy Seniors Board, and says, "I look forward to meeting all of you very soon!"

volunteer profile

Gayle Godfrey

By Sandra L. Smith

Gayle Godfrey just joined the Nokomis Healthy Seniors Board of Directors in January, however she's no stranger to the NHS program. When NHS was a Medicare Demonstration Project in the mid 1990s, Gayle was one of the nurses providing care in the Nokomis neighborhood. She's kept in touch with NHS over the years, and recently responded to NHS' call for volunteers to join the Board.

Gayle currently works as a Nurse Manager at Regions Hospital in the psychiatric ward. She had worked at Regions for 8 years in the past, then left for a while only to return to work there again.

She's been married for 27 years to her husband, Curt, and they have two wonderful daughters: Lauren who is 21 years old, and Jessica, who is 18.

Gayle has long valued the goals of NHS and is looking forward to serving the seniors of the Nokomis neighborhoods in her new role as Board Member.



New Board Member Gayle Godfrey

Our Transportation Program Is Growing!

Did you know that Nokomis Healthy Seniors offers rides to medical and dental appointments for seniors who live in our service area? In fact, last year we provided over 600 rides to seniors in our community so that they could maintain their health by regularly visiting their doctors and other healthcare professionals. Volunteer drivers come right to your door, help you out of your home and into their car, assist you into the clinic, and after waiting for you during the visit, they deliver you safely back to your home. Often the drivers even include an extra errand on the way home to pick up medication at the drugstore or other needs.

Nokomis Healthy Seniors is proud to be able to offer this service to our seniors, but as one of the most vital services NHS offers, there's a cost to coordinate this program including recruiting volunteer drivers, performing background checks, and training new drivers. It takes staff time to answer the calls that come in for ride requests, and to contact the volunteer drivers to see who is available. With seniors who are new to receiving rides from NHS, we discuss the policies of the transportation program and sign a policy agreement before their first ride.

At NHS we are so pleased that so many seniors are taking advantage of the rides program. We feel strongly that the rides are a very personalized service often involving door-to-door assistance. As a sign of appreciation for those of you who use the service, please consider offering a small donation per ride to help defray the cost of the program. We know that a suggested donation of \$5 per roundtrip ride would ensure that we can continue to provide this service to those who need

it. If you would like to make a donation to NHS, our volunteer drivers carry donation envelopes so please ask for one, or you may wish to make a donation at another time. So many of you are already donating to the program, and we truly appreciate your help!

If you have not used our transportation services and would like to sign up for them, please call the office to get enrolled in the program. Below are the policies of the transportation program—see if it is a good fit for you!

Policies concerning Rides

- All rides must be requested at least 7 days in advance. No same week/same day ride requests will be accepted.
- We give many rides each week. We ask that you call the office at (612) 729-5499 to schedule a ride. Please do not make arrangements directly with the driver.
- If you are concerned about your ride and haven't heard from the driver, please be patient. Many of our drivers call the day before the scheduled appointment. If we are unable to find a ride, we will call you in advance.
- The senior must pay all parking fees (if any).
- Please give us at least a 24-hour notice if cancelling.
- We do not transport wheelchairs.
- We cannot arrange more than 5 rides a day. If you call for a ride and we already have 5 rides booked for that day, we will ask you to reschedule your appointment for another day. Requesting a ride well in advance will help ensure that we'll have a volunteer driver available for you.
- Rides are limited to 2 rides per week per senior.
- Rides are limited to 1 ride per day per senior.

Exercise Mondays at Faith Lutheran Church

Join us every Monday from 10:00 to 10:45 am for exercise at Faith Lutheran Church, 3430 E 51st Street. NHS has added this exercise location, with classes led by Becky Beeskow. Come for the fun and conversation and join us for exercise led by trained staff in this great community location!

“LIKE US” on Facebook!

Are you on Facebook? Nokomis Healthy Seniors is! Please friend us and show others that you LIKE NHS. We're just getting started, so please share with us photos you'd like to see on the NHS page. See you online!



Bingo! With a theme!

Join us at Bethel Church between 11am and noon:
May 9—Spring Fling Bingo
June 27—Independence Day Bingo

Upcoming Health and Enrichment Programs

March

March 13 at 1:30pm

“Hennepin History Museum: Growing up in Hennepin County.” The presenter will bring items from your youth. There is a \$2 charge by the Minnesota History Center for this presentation. Nokomis Square Cooperative, 5015 35th Ave S.

March 27 at 1:30pm

“Veterans Affairs,” *Milt Shoen*
Faith Lutheran Church, 3430 East 51st St.

April

April 10 at 1:30pm

“Support Your Feet, and They Will Support You,”
Michael Bowen, RN, NHS Foot Care Nurse
Nokomis Square Cooperative, 5015 35th Ave S.

April 24 at 1:30pm

“Chronic Illness,” *Kathi Holms*
Faith Lutheran Church, 3430 East 51st St.

May

May 8 at 1:30pm

“Roads Scholar” Learn about opportunities to travel and learn here and worldwide
Nokomis Square Cooperative, 5015 35th Ave S.

May 29 at 1:30pm

“Chair Yoga,” *Nancy Duncan, yoga instructor*
Faith Lutheran Church, 3430 East 51st St.

June

June 12 at 1:30pm

“What You and Your Family Should Know about Your Personal Finances,” *Joy Sorensen, NAVARRE*
Nokomis Square Cooperative, 5015 35th Ave S.

June 26 at 1:30pm

Topic to be announced
Faith Lutheran Church, 3430 East 51st St.

July

July 10 at 1:30pm

“Stop, Look, Grieve!” This presentation will explore the basic dynamics of grief and offer understanding and coping skills.
Hospice of the Twin Cities
Nokomis Square Cooperative, 5015 35th Ave S.

August

August 14 at 1:30pm

“Medicare Part D: Do I Have the Right Plan for My Needs?” *Walgreens Pharmacy*
Nokomis Square Cooperative, 5015 35th Ave S.

September

September 11 at 1:30pm

“Decluttering: Tactics We Can All Use,”
Diane Bjorkman, Gentle Transitions
Nokomis Square Cooperative, 5015 35th Ave S.

These programs are free (unless otherwise noted) and open to the public. Beverages and treats are provided. If you need a ride to any activities please call the NHS office at (612) 729-5499.

Visit www.nokomishealthyseniors.org for upcoming events

Bathing Assistance

We partner with Fairview Home Care for all our seniors' nursing home care needs. Fairview has a new Community Wellness Division that will provide an hour long visit for a bath for Nokomis Healthy Seniors members for a substantial reduction in cost. Please call the office at (612) 729-5499 for details.

JOKE OF THE DAY

Ole and Lena got married. On their honeymoon trip they were nearing Minneapolis when Ole put his hand on Lena's knee. Giggling, Lena said, “Ole, you can go a little farder now if ya vant to”... so Ole drove to Duluth.

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 9:30am 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 walking and exercise is appreciated. Yoga is \$4 per class.

Blood Pressure Clinics

Free and open to the public.

Standish Green Apartments

2210 East 40th Street

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

Holy Cross Lutheran Church

1720 East Minnehaha Parkway

The fourth Thursday of every month at 1:30pm. The church has Congregate Dining every week-day. If you would like to make a meal reservation, call (612) 729-6668. The cost of the meal is \$3.50.

Support Groups

These groups are free and open to the public.

Diabetes Support Group

Nokomis Public Library, 5100 34th Ave. South

The first Friday of each month, 1:00–3:00pm.

Low Vision Group

Nokomis Square Cooperative, 5015 35th Ave. South

The second Thursday of each month at 10:00am.

Facilitator: Julie Rindelaub, Vision Loss Resources

Caregiver Support Group

Bethel Lutheran Church, 4120 17th Avenue South

The fourth Thursday of the month at 1:00pm. Open to all who are caregivers for loved ones.

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

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 art group for ladies

Blood Pressure Clinics /

Nurse Consultation / Health Support

- Nurse Is In* blood pressure clinic every Thursday morning
- Community blood pressure clinics
- Health programs (second and last 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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CLEAN-A-THON

Saturday, April 27

Rev up your vacuum cleaners, it's time for Clean-A-Thon! Each April volunteers raise funds for Nokomis Healthy Seniors by getting donors to support NHS by sponsoring their cleaning teams. And they provide real service to seniors by helping with spring cleaning. Volunteers compete to raise money for a cause they believe in. Are you ready to form a Clean Team? Or sponsor a team? Please call the NHS office at (612) 729-5499 to join in the fun!

Plant Sale

Thursday, May 9, 9:30-3pm

Saturday, May 11, 9-11am

We're excited to announce the Nokomis Healthy Seniors Spring Plant Sale in partnership with Minnehaha Falls Nursery. A full 25% of the profits go directly to benefit NHS. Please stop by the office for an order form or call us at (612) 729-5499 for the list of plants and to place your order. All orders need to be prepaid. Pick up your plants at Bethel Church on Thursday, May 9, 9:30am-3pm or Saturday, May 11, 9-11am.



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