



## LEADING THE WAY IN CARING FOR OUR NEIGHBORHOOD SENIORS

### Meet Olivia, our Volunteer/Service Coordinator!

Exciting things are happening at the NE-SC Block Nurse Program. We've recently added eight new volunteers who are keeping busy with seniors in the neighborhood.

Vacuuming, rides to the doctor, trips to the grocery store and companionship are just a few of the ways our volunteers connect with their partners.

In other news, this June we are partnering with the Minneapolis Institute of Art and Jewish Family Services to offer seniors a chance to take part in Art Adventures! This program offers two free art classes and a trip to the Minneapolis Institute of Arts. Both classes will focus on a piece of artwork that is in the permanent collection of the MIA and will be on view during the final trip to the museum. Classes are run by trained docents. All of the costs are covered by Jewish Family Services.

We always need more volunteers! The weather is starting to get warmer and soon the grass will be growing. You can find out about our volunteer opportunities on our website. Email me or give me a call!

**By Olivia Mulvey**  
**Volunteer/Service Coordinator**



Olivia loves meeting neighborhood seniors. She has a smile, a friendly word and lots of great ideas to help our seniors remain living at home.

**Olivia's office is in the Como by the Lake apartment building at 901 E. Como Blvd. You can reach her by calling 651-489-4067 or sending her an e-mail. She'd love to hear from you!**

**[Olivia@nescbnp.org](mailto:Olivia@nescbnp.org)**

**Check out the calendar on our website for program updates and volunteer opportunities and activities.**

**The NE-SC Block Nurse Program is a non-profit resource for seniors living in District 6 and the Frogtown neighborhood east of Dale and north of University.**

Our mission is to help seniors continue to live safely and comfortably in their homes rather than early nursing home placement.

Our service coordination (including in-home nursing/home health aide services/physical therapy provided through Recover Health), volunteer assistance and health and wellness programming can help you live an active and healthy life right here in your neighborhood.

**Call us for information that could make a profound difference in how you look at aging.**

**651-487-5135**  
**[info@nescbnp.org](mailto:info@nescbnp.org)**  
**[www.nescbnp.org](http://www.nescbnp.org)**

**Many donate throughout the year. Here is a list of our most recent donors. A big thanks to all of you! If you've made a donation but your name isn't listed, please let us know.**

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**“Music gives a soul to the universe, wings to the mind, flight to the imagination and charm and gaiety to life”. Plato**

**Visit our website: [www.nescbnp.org](http://www.nescbnp.org) for all the latest NE-SC Block Nurse Program news and programs.** We offer many health and wellness activities which are usually held at the Como by the Lake Apartment building at 901 E. Como Blvd. and Kings Crossing at University and Dale. It'll be fun and you'll meet the nicest people!

**Call us if you have questions about home care or volunteer services.** We'd be happy to chat on the phone or make a home visit. Our staff, volunteers and board members all work together to help our senior neighbors remain living in the homes they love. It's our mission!

# Fitness Fun with Molly! Come on, Jump on the Band Wagon!



This handsome group of men are regular exercisers at the Como by the Lake class on Mondays and Thursdays.

**Want to exercise but can't get to a class or our homebound?** Consider having Molly come to your home to teach you Healthy Moves for Aging Well! She will show you 3 simple exercise you can do in your home to stay safe and strong.

Want to have fun and get stronger too? Consider coming to one of the group exercise classes that our Health and Wellness Coordinator Molly conducts. **The classes are held at Como by the Lake Apartments (901 E. Como Blvd), Kings Crossing (500 N. Dale).** All levels of fitness are welcome! All equipment, bands, weights, etc., are provided. Come ready to have fun, meet new people, and to be encouraged and supported. Best of all, you'll develop better balance, strength and flexibility. You can't go wrong!

We all know that exercise can work up an appetite so think about staying for lunch. **The senior dining program at the Como by the Lake Apartment building provides a good noon meal at a reasonable price.**

We have partnered with MN State Services for the Blind and can now offer basic low-vision aids and devices **FREE of CHARGE!** For more information or to schedule a free in-home assessment, contact Molly at 651-487-5135.



For more information, check the calendar on our website at [www.nescbnp.org](http://www.nescbnp.org) for times and dates. Or call us at 651-487-5135 and we'll fill you in.

## Volunteers of all ages!



Some of our volunteers are young at heart and others are just young! This year we hand delivered 40 holiday gift bags to seniors in our neighborhood who are isolated and/or homebound. These two elves sure put smiles on their faces! Thank you to Gifts for Seniors for filling our holiday gift bags with fun goodies. It puts a big smile on the faces of some incredible people.

Have the "gift of gab", enjoy lawn mowing or shopping? We need you! We are always searching for more volunteers to help out our neighborhood seniors.



Olivia runs our coloring group that is so popular it now meets two days a week! Join her Tuesdays and Fridays from 11am-12pm at the Como by the Lake Apartments.



**A fun summer fundraiser! Come meet your neighbors and support the NE-SC Block Nurse Program AND enjoy a hotdog and some great ice cream. It's a win-win! At the Como by the Lake Apartment building on Tuesday, August 7<sup>th</sup> from 5- 7PM.**



"Like" us on Facebook to find out about upcoming programs, events and information on topics relative to seniors and caregivers!  
Keyword: North End-South Como Block Nurse Program.



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Molly Fitzel, Executive Director  
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Chris Langer, Program Coordinator

651-487-5135 (Front Hi-Rise Office)  
651-489-4067 (Como by the Lake office)  
info@nescbnp.org  
www.nescbnp.org

## Frogtown Area Update

The **Frogtown Seniors** meet every 3<sup>rd</sup> Friday of the month from 11am-2pm at the West Minnehaha Recreation Center. Olivia visits the group with other members of the community who specialize in resources and information providing support for seniors living in and around the Frogtown neighborhood. Bring a dish to share and \$.50 cents for lunch supplies. Bingo is \$.05 cents a card and \$.10 cents for coverall.

**Call Larry Paulson at 651-224-2456 for more information!**



Are you a senior who could use some help with yard work or any outside chores? The Catholic Heart Work Camp will be in the neighborhood in July and would be happy to help you out. Give Olivia a call at 651-489-4067 for more details.

**If you live in the Frogtown neighborhood east of Dale and north of University, give us a call! We'd be happy to meet with you or a neighborhood group to explain our services and how we can help you continue living in the neighborhood you love as you age. We offer everything from volunteer assistance/opportunities, exercise classes, in-home health care, and service coordination. We're here to help!**