



North End-South Como Block Nurse Program

Fall
2019

LEADING THE WAY IN CARING FOR OUR NEIGHBORHOOD SENIORS

News from Olivia, our Volunteer/Service Coordinator

The NE-SC Block Nurse Program **facilitates chore services** for dozens of seniors in the North-End, South Como and Frogtown neighborhoods. Utilizing social media, we post on NextDoor and Facebook groups asking for help with leaf raking and snow shoveling. Last winter with a snowfall of nearly 80 inches between October - April we faced a greater need for snow removal than previously. Thanks to a tip from City Councilwoman Amy Brendmoen, we reached out to the National Honor Society Students at Great River Academy in St. Paul. After meeting with the students it was decided that one senior would be paired with one student on a regular, ongoing schedule. While there was a learning curve, the program worked out beautifully and the students were reliable, dependent and a huge asset to the neighborhood. As we head into fall, we will have a need **for small groups to volunteer with leaf raking and bagging**. If you are a part of or know any youth groups, school groups, church organizations or business friends who would enjoy a warm afternoon raking (or a chilly day shoveling snow!) for a neighbor in need, please let us know! **Our volunteers make the neighborhood home for seniors living on their own.**



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

Check out the calendar on our website for program updates and volunteer opportunities and activities. Working together we make our neighborhood a great place to live and age.

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 volunteer assistance and health and wellness programming and service coordination (including in-home nursing/home health aide services/physical therapy provided through Recover Health) 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
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.

2018-2019 Donors

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Advice from Molly Fitzel our Executive Director (second from left): "You can't buy happiness but you can buy ice cream and that is pretty much the same thing."

Visit our website: 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!

Bored Board? Never.



We currently have 6 board members but would love to have a couple more. If you live/work in the neighborhood or have an interest in the health and well-being of seniors, call us for more information. The board meets every other month around the noon hour at the Como by the Lake Apartment building. **It's a great way to make a positive community impact.**

Great Neighborhood Exercise Options!

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), and 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.**

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.



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

"Here's the Scoop!"



One of the things we love about our job is **exposing our seniors to new, interesting and relevant things going on in the world.** Whether it be trying laughter yoga, learning about essential oils or hearing about the new Medicare changes! Join us every month at 1:30pm at the Como by the Lake Senior Apartments on the 4th Tuesday to hear from speakers from around the metro area on a variety of topics. You will even get a scoop of ice cream at the end! We promise.

September: Get your Medicare Questions Answered

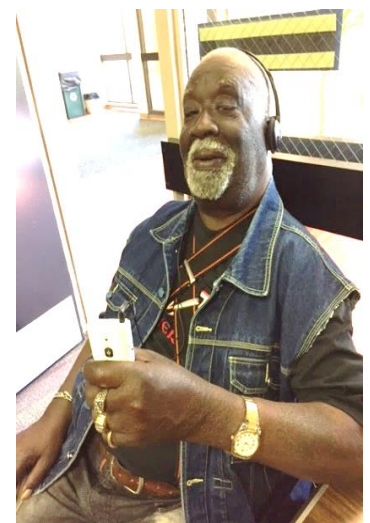
October: Falls Prevention

November: Essential Oils 101

December: Holiday Concert and Bake Sale

Dealing with low mood or depression and age 55+? Call us to learn more about **Jewish Family Services of St. Paul's Life Enrichment Action Program (PEARLS).** They offer 8 free in-home short term counseling sessions and have immediate openings for new clients! The goal of PEARLS treatment is to gradually decrease depressed individual's avoidance and isolation and increase their engagement in activities. **Call us at 651-487-5135 for details.**

Do you struggle hearing what your doctor is saying? **A Pocket Talker might be the answer.** We have two of them in our office and **would be happy to loan one to you to try.** Conversations are amplified through the head phones. It's a great alternative to hearing aids.



"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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Coordinator
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 3rd Friday of the month from 11am-2pm at the Nickel Joint. 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.



Have the “gift of gab”, enjoy lawn mowing or shopping, or would love to help a senior get to a doctor’s appointment? We need you! We are always searching for more volunteers to help out our neighborhood seniors. Call us to talk about opportunities.

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!