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LEADING THE WAY IN CARING FOR OUR NEIGHBORHOOD SENIORS

News from Olivia, our Volunteer/Service Coordinator

What a year it has been! While we've all endured hardships, our elderly population faced greater challenges than ever before. Increased isolation, limited access to food and medicine, and hardships getting to and from doctors' appointments all became a greater struggle for our senior friends during the global pandemic.

While the needs of so many could have been viewed as insurmountable, I'm humbled to say that our neighborhood volunteers rose to the occasion. Within two weeks of the first Shelter in Place order, we had 60 new volunteers signed up to help with grocery shopping, prescription delivery, and friendly phone calls for our neighboring seniors. We were able to create a network of support that sustained our elders throughout the pandemic. We also had over 30 new volunteers assist with the delivery of hot catered meals as well as gift bags filled with puzzles, word finds, handwritten cards, and needed hygiene items.

I am deeply grateful for all of our volunteers that have helped create a sense of community and care during this difficult time. We forward to brighter days ahead as in-person programs reopen and we can again enjoy the company of one another.

Olivia Mulvey, Volunteer/Service Coordinator



Olivia, her husband Nick, and daughter Eloise. Olivia is the one sporting the stylish turkey hat.

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

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, health and wellness programming, and service coordination (helping to connect you with Meals on Wheels, Vision Loss Resources, MA paperwork, etc.), will 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

Frogtown Area Update

Currently the Frogtown Seniors are not meeting but we will send out updated information as soon as they do! Seniors are welcome to join the senior exercise class Mondays at 2pm in the Kings Crossing Building.



Are you a senior who could use some help with yard work or outside chores? Do you need some help getting to medical appointments? Would you like a friendly visitor to call you on the phone? Call Olivia 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!

North-End South Como Block Nurse Program

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- Kay Rossez
- Rick Baldinelli
- Barb Heinz
- Janet Caywood
- Peg Corneille
- Patty Lammers



Staff

- Molly Fitzel, Executive Director
- Olivia Mulvey, Volunteer/Service 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

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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To make a tax-deductible donation you can mail it to:
North End-South Como Block Nurse Program
727 Front Ave #118
St. Paul, MN 55113

Or make an on-line donation at www.nescbnp.org

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



We are so grateful for our partnership with **Gifts for Seniors**. Every 6 weeks for the past year volunteers have delivered gifts bags to our isolated seniors. It might be puzzle books, candy, toilet paper, masks or personal care products but it is always welcome and appreciated by our neighborhood seniors. Call us at 651-487-5135 if you want to be on our list!

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



Walk with Ease is a program for people who want to improve their health. You will learn how to start walking safely and how to stick with it. You do the activities and exercises on your own using the Walk with Ease guidebook and walking diary. Walk three times a week, working up to at least 30 minutes per session for 6 weeks. **Call Molly at 651-487-5135 to sign up. The program starts July 5th! Prizes and incentives!**

Want to have fun and get stronger too? Consider coming to one of the group exercise classes when they start up again that our Health and Wellness Coordinator Molly will conduct. **The classes will be 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. You won't regret it!

Want to exercise but can't get to a class or are homebound? Molly can 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.



Fitness fun in the time of a pandemic!

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 three 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.



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 (901 E. Como Blvd) on Tuesday, August 3rd from 5- 7PM.



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

A super volunteer who loves to bake is everyone's favorite! And why wouldn't she be? Thanks to her several of our seniors received beautifully decorated cookie baskets full of enough cookies to "share the wealth." Yum!



Call us if you need help signing up for Meals on Wheels, MA, need in-home footcare, Vision Loss Resources, or have insurance questions. We're here to help!



"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.