



LEADING THE WAY IN CARING FOR OUR NEIGHBORHOOD SENIORS

North End-South Como Block Nurse Program

Fall
2013

Meet Our New Service Coordinator

Annie Reddy is our newly hired Service Coordinator! She comes to us after working at the Senior Linkage Line, an information and assistance line. She's a pro at providing information and assistance about everything and anything senior related. She knows all about community resources and county services.

Annie'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 at annie@nescbnp.org. She'd love to meet you and help you out.

Annie is also in charge of the volunteer part of the NE-SC Block Nurse Program. Contact Annie if you would like to volunteer to help our neighborhood seniors stay in their own homes. You could help with friendly

visiting, grocery shopping, transportation to appointments, playing cards, etc. There are many great opportunities for you to get involved in.

If you are a senior (65+) and are needing some help or just want to know what is available, give Annie a call and she will make a home visit to explain our services to you. **We've been right here in the neighborhood since 1987 helping folks just like you!**

We partner with Recover Health to provide nursing and home health aide services. We can accept all insurances including Medicare. Private pay is available too. We can also provide physical and occupational therapy if that is needed.

What is the Block Nurse Program?

The NE-SC Block Nurse Program is a non-profit homecare agency for seniors living in District 6. Our mission is to help seniors continue to live safely and comfortably in their homes rather than early nursing home placement. Our health and wellness classes are our "claim to fame." We can help you get stronger and stay living an active and healthy life right here in the neighborhood.

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

**651-487-5135
info@nescbnp.org**



OLD FASHIONED FUN

Think being pen pals and writing letters is a thing of the past? Not with us it isn't.



Pen Pals

All nineteen 4th grade students at **Maternity of Mary/St. Andrew's School** were pen pals with nineteen of our Block Nurse Program seniors. Letters and artwork and special hand-made cards were flying back and forth all during the school year. This is the 20th year this great connection has taken place and thankfully, we don't see an end in sight.

The best thing about his connection is the sharing of hopes and dreams, advice and life stories....and this is not a one-sided deal. Both the kids and the seniors have such wisdom to share and love to give. It's so fun for us to listen to the seniors brag about their student pen pals and to "ooh and ah" over the artwork that often comes with the letter.

The kids and seniors meet in the spring at an ice cream social. As you can imagine, the room is buzzing with excitement. Thanks everyone for a fun pen pal year and to Mrs. Lang for being such a great 4th grade teacher!



Always on the look-out

We're always on the look-out for people who can help our neighborhood seniors live safe and healthy lives right at home. There is no way we could ever do this alone. Knowing that it's not easy to maintain scooters and walkers, we contacted **American Healthcare and Mobility** to come to the residents at Como by the Lake to check out their equipment. They found loose brake cables and wobbly wheels which they fixed for free, charging only for parts. What a great service!

If you have a skill or talent to share with our neighborhood seniors, we'd love to hear from you too!

We're always looking for people who love to do yard work, play cards, visit with seniors in their homes or take someone to the store to a doctor's appointment. It doesn't take much to improve the life of someone else. You'll be richly rewarded by the good feeling you get from helping others....and we have a great party in the spring honoring all volunteers and supporters of the Block Nurse Program!

Many donate throughout the year. Here is a list of our most recent donors. A big thanks to all of you!

Individuals

Sam Imbo & Yujung Hu
 Corey Plath
 Doris Mohr
 Sue Stonestreet
 Kristin & Paul Oehlke
 Mark Willegalle
 Margaret Rein
 Jody Stadler
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In Memory:
 Teresa Morrow in memory of Bob
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 Robert & Lorraine Splithoff in memory
 of Jean Anderson

In-Kind

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 Linders Green Houses
 Bergin Fruit and Nut
 Ryan Reddy
 Dave Hopson

Corporate/Foundation

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 NE Improvement Club
 Lauderdale/Falcon Hgts Lions Club
 City of St. Paul
 Ramsey County
 DHS
 Stevens Square
 MAAA
 Catholic Community Foundation

**On-line donations accepted at
 WWW.give MN.org**

exercise options



Ageless Grace, a fitness and wellness program consisting of 21 simple exercises designed for all ages and abilities. We focus on the healthy longevity of the body and mind. **Join us each Tuesday at 1:00 at the Como by the Lake Apartment building.**



The **Arthritis Friendly Exercise Program** focuses on movements that help keep our joints healthy and limber. All exercises can be done seated. **Join us each Thursday at 1:00 at the Como by the Lake Apartment building.**



We will come to your home to teach you the three easy **Healthy Moves** to keep you strong and healthy. **Call us at 651-487-5135 for a home visit.**

**North-End South Como
Block Nurse Program**

*a member of the Living at
Home Network*

Board Members

- Kay Rossez
- Rick Baldinelli
- Janice Rettman
- John McGough
- Betty Davison
- Linda Reilly
- Sally Roffers
- Janet Caywood

Staff

- Chris Langer, Executive Director
- Annie Reddy, Service Coordinator

651-487-5135
651-487-6203 FAX
info@nescbnp.org

Volunteers at Work



NE-SC Block Nurse Program board member Janet Caywood and her grandson Luke had a great time delivering holiday cheer to seniors in the neighborhood. We have all kinds of great volunteer opportunities available! **Call us for info.**

We love happy people

Our seniors love being remembered and this community is a generous one! We pass all our donations on to those that need it...where it is a bath chair, a Cub gift card or a beautiful plant.



**North End-South
Como Block Nurse
Program**

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 St. Paul, MN 55103

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