North End South Como Block Nurse Program

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Molly Fitzel, Wellness Coordinator

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LEADING THE WAY IN CARING FOR OUR NEIGHBORHOOD SENIORS

“A Year of Senior Fitness”
Our neighborhood seniors have been busy getting stronger and healthier thanks to our “Year of Senior Fitness” funded by the UCare Foundation.

Each quarter of the past year has had a different focus: chair yoga and tabata, meditative drumming, working to earn a Presidential Fitness Award and to wrap up the year, dance! Pre and post assessments have been done with outstanding results. Participating seniors have increased their endurance, balance, strength and their moods have improved dramatically.

Molly Fitzel, our Health and Wellness Coordinator, can help you lead a healthier lifestyle through exercise. Her classes are for all levels and abilities. Be prepared to have fun while getting fit and strong.

Classes: Como by the Lake Apartments
Tues/Thurs at 11:00 AM. Kings Crossing: Thursdays at 1:00 pm. Give it a whirl!

Molly’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 meet you!
Molly@nescbnp.org

Check out the calendar on our website for class times and program updates.

651-487-5135

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 exercise classes to in-home health care.

In the fall we completed an 8-week drumming class taught by the Women’s Drum Center. We have also continued to offer an exercise class on Thursdays from 1-1:45 in the Kings Crossing Senior apartment building. Call Molly at 651-489-4067 or Molly@nescbnp.org for more information. Everyone is welcome. The more the merrier!

Frogtown Area Update

“The NE-SC Block Nurse Program
is a non-profit homecare agency 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 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

or current resident
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.

2014 Donors:
Alfred Kauth
Andra Amundson
Ann Nelson
Annamarie & Jeffery Herther
Barb Carlson
Bernice Oslund
Betty Davison
Beverly Bybee
Cheri Bunker
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In Memory:
Edna Griffin by Linda Garrett

In-Kind:
Impact Printing
Kamps Food Market
Bergin Fruit and Nut
Theresa Hackenmueller
Blue Cross Blue Shield MN

Corporate/Foundations:
North End Improvement Club
NE Community Foundation
Perenial Management
Degree of Honor/Fetal
Service Club
Falcon Hgs/Lauderdale Lions
Western Bank
Teamsters Retires Club
St. Paul Retired Teachers
MN Department of Human
Services
Council Member Amy
Bremdmoen’s office
Ramsey County
Catholic Community
Foundation
Ray Edwards Memorial Trust
City of St. Paul
UCare Foundation
Stevens Square

On-line donations
accepted through
our web site.

Visit our website at www.
nescbp.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. Come
for exercise and stay for
lunch. It’ll be fun and you’ll
meet the nicest people!

If you've made a donation but your name isn’t listed, please let us know.

If you have an interest in volunteering to help our neighborhood seniors, Jamie would love to hear from you. The benefits of being a community volunteer are many and the “feel good” factor is off the charts when you help someone in need. Jamie will combine your talents with a senior who is just waiting for someone like you to come along.

Jamie’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 Jamie@nescbp.org.

MEET OUR NEW VOLUNTEER/SERVICE COORDINATOR!

Jamie Schlough

In November, we welcomed Jamie Schlough as our Volunteer/Service Coordinator. Jamie has a long history of volunteerism both as a community volunteer herself, and working with organizations who depend on volunteers. She’s been busy recruiting neighborhood volunteers to fill the needs of our seniors. She’s found a volunteer who wanted to combine her interest in seniors with her love for vacuuming. Imagine that! It didn’t take long for Jamie to fill Rachel’s available time.

Shopping assistance, yard work, drivers and visits to lessen isolation and loneliness are high on the list of senior needs.

Shopping assistance, yard work, drivers and visits to lessen isolation and loneliness are high on the list of senior needs. Jamie with Como by the Lake Senior Apartment residents Laura and Jeanne, who serves the fabulous noon congregate dining meal in the building. Who doesn’t love lunchtime?

On-line donations
accepted through
our web site.

Thanks to a great Target volunteer crew for helping clean up Phillip’s yard. They clipped, weeded, trimmed, planted, and admired his chickens roaming in the bushes but most of all….they put a smile on the face of a great North End-South Como senior. If you’d like to help out a local senior in need, contact our Volunteer Coordinator Jamie at 651-487-4067.

Kids and seniors...always a winning combination!

99 year old neighborhood resident Bill spent time in a 2nd grade classroom. Bill told the kids that the best invention of his entire life has been the computer. He ought to know…he’s on Facebook and enjoys keeping in contact with his former college chemistry students through e-mail. He eats good, exercises and always sleeps with his “toes above nose”. The kids were in awe of him…and so are we!

4th grade students from Maternity of Mary/St. Andrew’s School were pen pals with neighborhood seniors. After sending letters back and forth during the school year, they finally met each other for an ice cream party. The room was alive with conversation and laughter. It’s impossible to know who enjoys this more…the kids or the seniors. We think it’s a toss-up. This program of ours is a 22 year old tradition and we never want to see it end.