

North End-South Como Block Nurse Program

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North End-South Como Block Nurse Program

Summer 2015



LEADING THE WAY IN CARING FOR OUR NEIGHBORHOOD SENIORS

North-End South Como Block Nurse Program

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Chris Langer, Executive Director
Jamie Schlough, Volunteer/Service Coordinator
Molly Fitzel, Wellness 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

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!**



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.

"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!



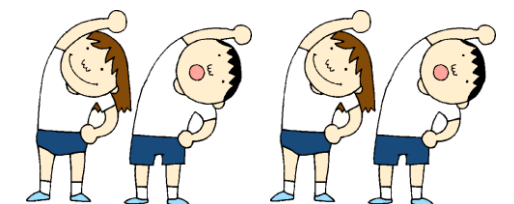
Molly's office is in the Como by the Lake apartment building at 901 E. Como Blvd. You can reach her by calling 651-489-4067 or sending her an e-mail. She'd love to meet you!
Molly@nescbnp.org

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

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



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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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 roosting 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.**

Visit our website at 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. Come for exercise and stay for lunch. 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!

MEET OUR NEW VOLUNTEER/SERVICE COORDINATOR!

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.



Jamie with Como by the Lake Senior Apartment residents Laura and Marie and Jeanne, who serves the fabulous noon congregate dining meal in the building. Who doesn't love lunchtime?

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@nescbnp.org.

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.