



LEADING THE WAY IN CARING FOR OUR NEIGHBORHOOD SENIORS

North End-South Como Block Nurse Program

Summer 2014

Meet Our New Wellness Coordinator!

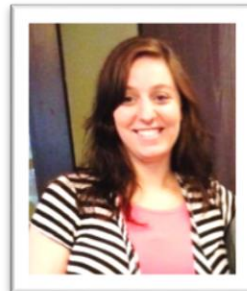
Molly Fitzel is our newly hired Wellness Coordinator. Molly's goals are to empower individuals to lead a healthier lifestyle through exercise and nutrition. She provides neighborhood seniors with the knowledge, skills, guidance, support and motivation so they can achieve their full fitness potential.



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

Working with Molly is **Annie Reddy, our Service Coordinator**. Annie is a pro at



providing information and assistance about everything and anything senior related including community resources and county services. She also coordinates the volunteer part of our program. Contact her at: Annie@nescbnp.org

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 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 Speech, Physical and Occupational therapy if that is needed.

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**

NEIGHBOR HELPING NEIGHBOR

There is nothing more satisfying than helping a neighbor spruce up her yard....and getting a day out of the office to do it! Yeah!



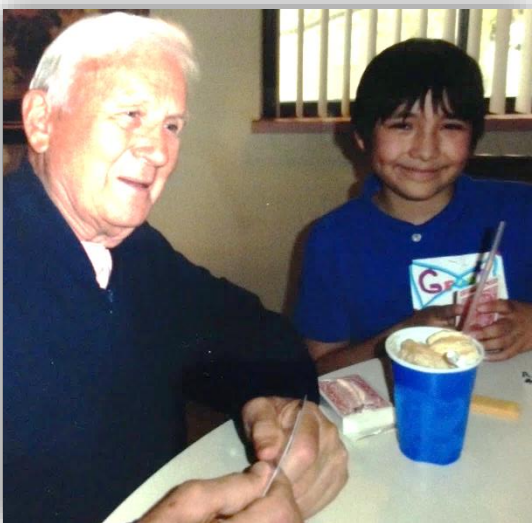
Volunteers always needed!

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

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 or to a doctor's appointment. It doesn't take much to improve the life of someone else and you'll be richly rewarded by the good feeling you get from helping others.

These wonderful volunteers from the Wells Fargo Wealth Management - AML Compliance Surveillance Team (now there's a title!) spent the day helping two very deserving seniors clean up their yards. Becca, Jessica, Ginny, Kimberly, Stephanie, Keith and Crystal (not in the photo) began their day at Ginny's. They trimmed, pulled weeds, and put down mulch to make her home look like a million bucks. After lunch they headed over to Dorothy's house where Doreen joined them for an afternoon of serious weed whacking. Thanks to a great crew for a job well done!

Senior and 4th grade pen pals



Kids and seniors have such wisdom to share and love to give.

2014 marks the 21st anniversary of our senior and 4th grade Maternity of Mary/St. Andrew's School pen pal program. Letters, fabulous artwork and special hand-made cards were exchanged during the school year. The year culminated in a root beer float/King's Corner card party happily topped off with a student recorder concert. What fun!



Each senior thinks they have the brightest and nicest student for a pen pal. Who are we to argue with that?

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

Individuals

Willa Dean Grey
 Mark and Wendy Flinner
 Doris Hajney
 Amber Amundson
 Margaret Rongitsch
 Mary Kujawa
 Sally Roffers
 John Felling
 Marion O'Toole
 Jerry Swanson
 Vincent Booty
 Mary Wrobel
 Caron Menard
 Elizabeth Olson
 Sharon and Alfred Kauth
 John Kane and Kumi Acheaw
 Lois Eckstein
 Paul and Kristin Oehlke
 Carol Kusnierek and Edward Baxter
 Michael Pazderski
 Stan Anderson
 Dale Mercado
 John Boor
 Corinne Bartsch
 Amelia Kritzer
 Harold Koppy
 Mark Wert
 Marion Klein
 Gregory Chandler
 Doris Mohr
 Diane Malfed
 Ann Nelson
 Susan Cadwell
 Dave Arver
 Joseph McDermott
 Abby and Chris Brossart
 Jody Stadler
 Delores Schloesser
 Joan Larson
 Rebecca and Lewis Lein
 Frank and Patricia Green
 Jana Wautlet
 Ericka Podabinski
 Samuel Imbo and Yujung Hu
 Mary Hayes
 Kathy Zieman
 Mary Farley
 Walter Selby
 Corey Plath
 Leigh Hansen
 Jacqueline Fassett
 Sharon Kjellberg

Kay Rossez
 Veronica Baron
 Kate Nichols
 Richard Weil
 Sue Stonestreet
 John Forliti
 Annamary Jeffery Herther
 Ferial Abraham
 Jeanette Kedrowski
 Marlys Brauman
 James Larson
 Maryanne Ecklund
 Kathleen Gatto
 Lynne Bachschneider
 Mike Hinz
 Claudia Wendt Vann
 Sandy Denault
 Janet Caywood
 Jennifer Otremba
 David Arbeit
 June and Jim Edman
 Betty Davison

In Memory:

Bob by Teresa Morrow
 Beverly by Chris and Shannon Freeman
 Edna Griffin by Linda Garrett
 Jim and Colette Thesing by Monica Thesing

In-Kind

Impact Printing
 Kamps Food Market
 Rice Street Family Dental care
 Bergin Fruit and Nut
 Dave Hopson

Corporate/Foundation

North End Improvement Club
 Front Avenue Pottery and Tile
 Warners' Stelian
 North End Community Foundation
 Perennial Management
 Degree of Honor/Fraternal Family Service
 Falcon Heights/Lauderdale Lion's Club
 Western Bank
 MN Department of Human Services
 Metropolitan Area Agency on Aging
 Council Member Amy Brendmoen
 Ramsey County
 Catholic Community Foundation
 Ray Edwards Memorial Trust
 Otto Bremer Foundation
 City of St. Paul

**On-line donations accepted at
 WWW.giveMN.org**

If you've made a donation to the NE-SC Block Nurse Program but your name isn't on this list, please let us know! Thanks!

exercise options

Chair Yoga, led by our Wellness Coordinator Molly, is a great way to maintain a positive attitude, relieve stress and age gracefully. **Join us each Monday at 1:00 at the Como by the Lake Apartment building.**

Join us each Thursday at 11:00 at the Como by the Lake Apartment building for a variety of exercise programs led by Molly. All can be done seated and will be tailored to your abilities. **Variety is the spice of life!**

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



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 lunch and stay for dart ball or exercise programs. 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!

North-End South Como Block Nurse Program

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
 Molly Fitzel, Health Coordinator

651-487-5135 (Front Hi-Rise Office)
 651-489-4067 (Como by the Lake office)
info@nescbnp.org
www.nescbnp.org

New Service Area Added

We're proud to be offering our NE-SC Block Nurse Program services including volunteers, service coordination, health and wellness programming, in-home nursing, home health aide and homemaking services to the Frogtown area east of Dale and north of University. Call or e-mail us if you live in this neighborhood for more information!



Exceptional Senior Living



COMO
 BY THE LAKE
 SENIOR APARTMENTS

Just across from Como Park
 Heated underground parking
 Two elevators
 Small pets welcome

651-489-3392

901 East Como Blvd.
 St. Paul, MN 55103



North End-South Como Block Nurse Program

727 Front Ave. #118
 St. Paul, MN 55103

Non Profit Org.
 U.S. Postage
 PAID
 Permit 3948
 Twin Cities, MN

Bulk mail permit holder address only:
 550 Rice St.
 Suite 104
 St. Paul, MN 55103

or current resident