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LEADING THE WAY IN CARING FOR OUR NEIGHBORHOOD SENIORS



North-End South Como Block Nurse Program

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- John McGough
- Betty Davison
- Sally Roffers
- Janet Caywood

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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

On the 3rd Friday of every month, you can find a very friendly group of seniors gathering for a potluck lunch and bingo fun. Volunteer/Service Coordinator Jamie visits the group with other members of the community who specialize in resources and information providing support for seniors living in and around the Frogtown neighborhood. Presentations have included; The S.P.F.D Life and Safety Coach Jeremy, Amber from FARE FOR ALL and Scam Alerts for seniors. The Frogtown Seniors plan a Halloween and holiday party, spring garage sale, National Night Out and manage the Frogtown Horseshoe club!

The Frogtown Seniors meet every 3rd Friday of the month from 11am-2pm at the West Minnehaha Recreation Center. Bring a dish to share and \$.50 for lunch supplies. Bingo is \$.05/card and \$.10/coverall. It's always fun!

Call Larry Paulson at 651-224-2456 for more information!



If you live in the Frogtown neighborhood east of Dale and north of University, give us a call! We offer everything from volunteer assistance/opportunities, exercise classes, in-home health care, and service coordination. We're here to help!

Volunteer Update!

Sending out the newsletter is something I always look forward to because I know that it will encourage someone to call me with questions about our program and the services we provide. These inquiries give me the opportunity to get out into the neighborhood to meet some wonderful people. The North End – South Como and Frogtown neighbors are concerned about their neighborhood seniors. In the past three months volunteers have provided over 450 service hours! While many of these volunteers offer their time for tasks and projects, the greatest gift they give seniors is companionship.

As the weather turns cooler and leaves begin to fall there will be service opportunities for groups and families. Your time is valued and appreciated! You can find out about our volunteer opportunities on our website or Volunteermatch.org.
**By Jamie Schlough
Volunteer/Service Coordinator**



Volunteer **Corey Plath** is a “jack of all trades.” He does everything from yard work and furniture moving to helping neighborhood resident Tom get to exercise classes. Yeah Corey!

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. She’d love to hear from you!
Jamie@nescbnp.org

Check out the calendar on our website for program updates and volunteer opportunities and activities.

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 service coordination (including in-home nursing/home health aide services/physical therapy provided through Recover Health), volunteer assistance and health/wellness programming can help you live 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
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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.

Corporate/Foundations:

- City of St. Paul
- Edwards Memorial
- MN Department of Human Services
- Ramsey County
- St. Paul Retired Teachers, Inc.
- Degree of Honor/Fraternal Family Services Club
- Falcon Heights-Lauderdale Lions Club
- Warners Stellian
- North End Improvement Club

2016 Individual Donors:

- Willa Dean
- Lucia Cuzzolino
- Jim and Janet Huberty
- Dolores Schloesser
- Shirley Sager
- Dwain Cedarbloom, in memory of Alyce Huston

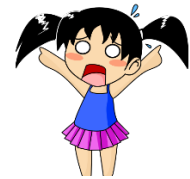


Thank You!

Thanks to a generous donation from the **Falcon Heights-Lauderdale Lions Club** we were fortunate to purchase 2 Pocket Talkers. These devices will be available to our hard of hearing seniors who can take one along on a medical or dental appointment or use it during our exercise classes or other events.



HELP !



Health insurance counseling is available on the 4th Thursday of every month from 10am-1pm at Como by the Lake senior apartments.

A state-certified health insurance counselor will assist with the basics of Medicare, choosing a supplement and/or Part D plan, processing claims, assisting with forms and more. **To schedule a required appointment, call the Senior LinkAge Line at 800-333-2433.**

Are you creative and love crafts? **Join Cate and Olivia every 3rd Friday from 1-3pm at the Como by the Lake Apartments (901 E. Como Blvd).** Cate is a second generation volunteer! Her parents Mary and John have been long time supporters of the Block Nurse Program. Cate turned her creative and artistic spirit into a volunteer opportunity and then invited her friend Olivia to join in on the fun. Next month they are making greeting cards! **If you would like to join or if you have a passion that you'd like to share with others call Jamie at 651-489-4067.**



Everybody loves a party! In May we **celebrated and honored all volunteers, supporters and staff of the North End-South Como Block Nurse Program** with an "Under the Big Top" party. Rusty the Clown and his daughter Pumpkin did magic tricks and made great balloon art which, as you can see, longtime supporter **Delores Schloesser** enjoyed. Her husband Al was our original volunteer coordinator way back in 1987! The party was complete with circus food, clown noses and polka dot bow ties. Did we have fun or what?

Want to join our Board of Directors? We're always on the lookout for community members who have a passion for helping our elderly neighbors. Call us at 651-487-5135 for details!



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. and Kings Crossing at University and Dale. 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!**



On Guard! **Great supporter Frank Green** was in the party mood!

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



Want to exercise but can't get to a class or our homebound? Consider having Molly 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. **Call Molly at 651-487-5135 to schedule a time!**

Want to have fun and get stronger too?

Then consider coming to one of the group exercise classes that our Health and Wellness Coordinator Molly conducts. **The classes are held at Como by the Lake Apartments (901 E. Como Blvd), Kings Crossing (500 N. Dale) and the Living Choice Condos (1600 Arundel St.).** 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. Best of all, you'll develop better balance, strength and flexibility. If getting strong, healthy and living at home are your goals, these classes are for you. You can't go wrong!

We all know that exercise can work up an appetite so think about staying for lunch. **The senior dining program at the Como by the Lake Apartment building provides a good noon meal at a reasonable price.**



Whoooo loves to be read to?! Molly will be starting a book club this fall.

The great thing about this book club is that Molly will read aloud to the group. If you are sight impaired or just love to settle back in a comfy chair and listen, we'd love for you to join. If you have a favorite book to suggest, let Molly know. The club will meet twice/week for an hour.

For more information, check the calendar on our website at www.nescbnp.org for times and dates. Or call us at 651-487-5135 and we'll fill you in.

Great Things Happen Every Day in Our Neighborhood!



In May, **Maternity of Mary/St. Andrew's 4th grade pen pals**, along with their teacher and chaperones, walked over to the Como by the Lake apartment building to meet their senior pen pals. Smiles and laughter filled the room as they met for the first time after writing back and forth all year. There was poetry reading, bingo and ice cream treats!

This program is a long time tradition for MMSA 4th graders and the North End-South Como Block Nurse Program seniors. In September a new group of pen pals will begin exchanging letters that spread joy and build friendships.

Early this summer 18 volunteers from the **Catholic HEART Workcamp** met three senior home owners. The campers were visiting our beautiful St. Paul neighborhood from Kansas, Illinois and Wisconsin. Our program was very lucky to have been chosen through an application process. Catholic HEART Workcamp is about **service, connection and loving others**. What a perfect partnership for us! The group in this picture visited Pat on her 86th birthday ready to rake, clean and celebrate her birthday with cupcakes! Do you have any work that needs to be done? They promised to come back next summer!

