



# LIVING AT HOME NETWORK

## ANNUAL REPORT JULY 1, 2017 - JUNE 30, 2018

The Living at Home Network is comprised of 32 independent community owned programs across Minnesota that draw upon volunteers and community resources to help older people stay living at home



PAYNESVILLE ROSE CENTER  
VOLUNTEER TRANSPORTATION

### Service Statistics

JULY 1, 2017 - JUNE 30, 2018

10,260

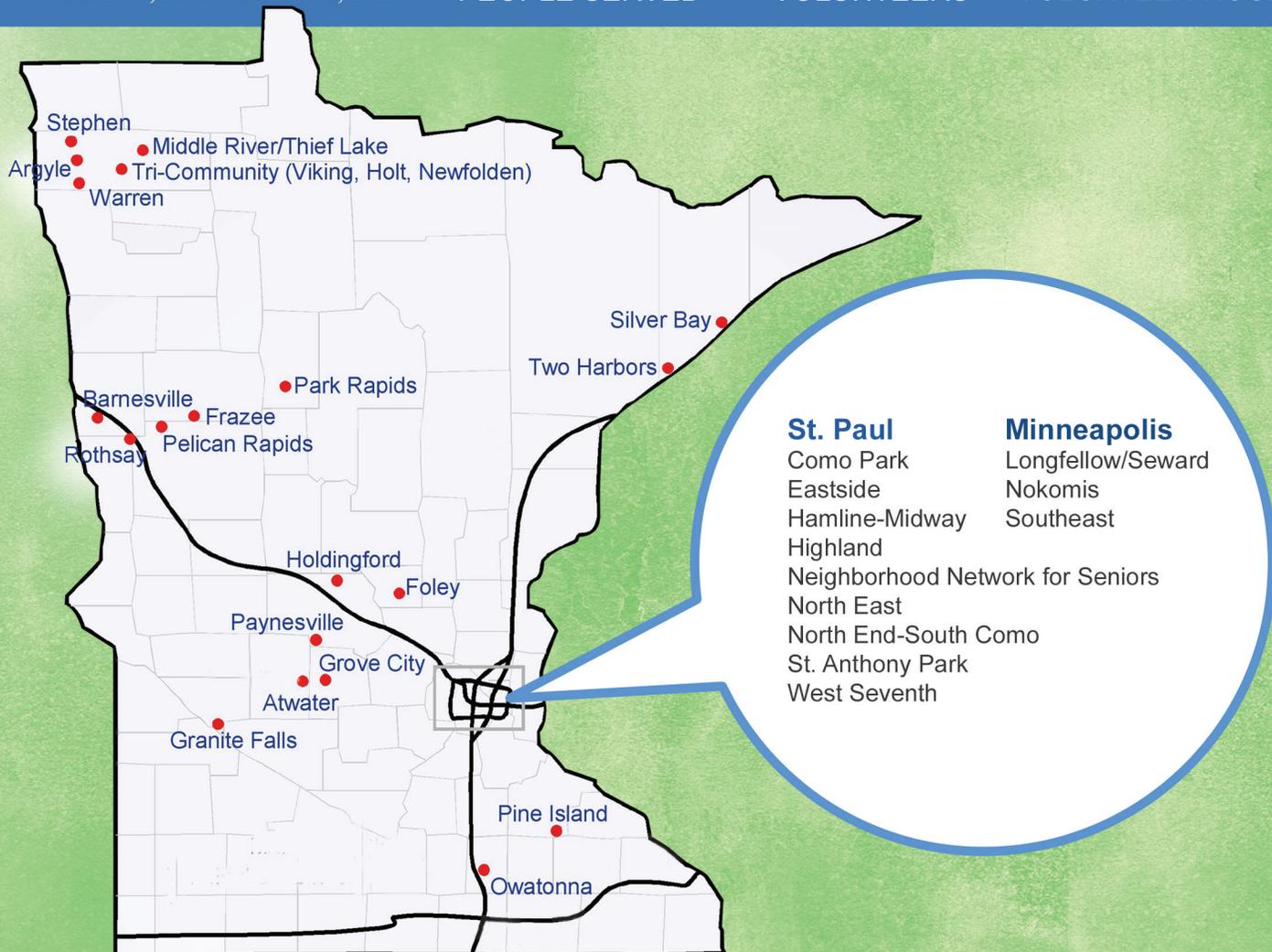
PEOPLE SERVED

3,269

VOLUNTEERS

95,020

VOLUNTEER HOURS



# ABOUT THE LIVING AT HOME NETWORK



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TAI CHI QUAN CLASS WITH BARNESVILLE AREA HELPERS

The first Living at Home/Block Nurse program (LAH/BNP) was started in 1981 in St. Paul and was so successful that the model quickly spread across Minnesota. Each of the 32 programs in the Living At Home Network (LAHN) was founded by community residents wanting to do more to help older adults. All the programs raise funds from local individuals, businesses, events and grants, and most of the programs receive state funding from the MN Department of Human Services. The programs are connected through and supported by LAHN, formerly Living at Home/Block Nurse, Inc. The programs in LAHN share common guiding principles that include:

- being governed by neighborhood/community residents within geographic boundaries they define
- stimulating neighborly expressions of caring and friendship
- providing or arranging for quality, comprehensive health, social and support services for elders

- emphasizing health promotion, early intervention and management of chronic conditions and providing service based upon need rather than ability to pay
- conducting ongoing and proactive outreach in the community.

In 2017-2018, LAHN assisted programs by providing:

- coordinated legislative advocacy
- a statewide conference
- access to liability and property insurance at a group rate/discount
- technical assistance, training, model/sample documents and checklists
- being a fiscal agent for grants
- enhancements to the database that is available for members' use
- answered questions from individual network member programs and helped programs address challenges.

In the coming year, LAHN plans to explore helping new communities start Living at Home Programs.

# 2017 – 2018 LAHN PROGRAM HIGHLIGHTS

## NORTHWESTERN MN

### Argyle's H.O.P.E. Program LAH/BNP

Argyle Mall, Box 17, Argyle, MN 56713  
(218) 437-8431 · arglah@wiktel.com

We continued serving the senior citizens in & around the Argyle area, including providing transportation for several individuals, as well as Meals on Wheels deliveries every day & serving two bulk meals a week at the center. We provided educational in-service training, exercise programs, foot care clinics, vaccination clinics, recycling program, transportation & much more. Our biggest fundraiser, the annual Basket Auction, was held in June. Donation letters were sent to all alumni, businesses & residents which also brings in significant funds for the program. In addition, we placed memorial envelopes in several businesses in town which raises funds. We recruited new volunteers from the elementary & high schools, & the clients enjoy their visits. All in all, a great year for the program.

### Middle River-Thief Lake LAH/BNP

120 Hill Ave., PO Box 94, Middle River, MN 56737  
(218) 222-4466 · mrtllahbnp@wiktel.com

“Going the extra miles (& miles!)” In addition to the full range of services, Middle River/Thief Lake LAH/BNP coordinated long distance volunteer transportation of 500+ miles round trip in one day for a local elder, thereby making it possible for the elder to remain at home & in the community while receiving needed specialty health care at a distant facility.

### Stephen LAH/BNP

319 5th St., PO Box 125, Stephen, MN 56757  
(218) 478-3834 · slah@wiktel.com



FRAUD PRESENTATION AT STEPHEN LAH/BNP

We presented educational sessions, including Fraud Prevention, Dementia Friends, Disaster Preparedness, & hosted a Community Health, Wellness &

Information Fair. We had high school students interact & teach cell/smart phone use to the senior population while enjoying pie & ice cream on Pi day! We have continued to assist clients with their needs to keep them at home & continue to educate others on safety & healthy aging.

### Tri-Community LAH/BNP

PO Box 278, Newfolden, MN 56738  
(218) 874-2256 · LAHBNP@wiktel.com

Our mission statement includes “helping seniors to remain active.” Along with the variety of services provided day to day, 5,085 hours of activity participation by individuals have been logged during the year from fitness to lifelong learning opportunities. Activity abounds!

### Warren S.O.S.

110 W Johnson Ave, Suite 1, Warren, MN 56762  
(218) 745-4005 · msjts@ruralaccess.net

Thirteen caregiver companions were trained, seven of which provide caregiver companion services for four families in the northwest region of Minnesota. A Northwest Minnesota Foundation Grant was awarded to the Warren S.O.S. (formerly known as the Warren Living at Home/Block Nurse Program).

## NORTHEASTERN MN

### Community Partners-Two Harbors LAH/BNP

417 South Ave., PO Box 327, Two Harbors, MN 55616  
(218) 834-8024 · commpart.ed@gmail.com



HIGH SCHOOL STUDENTS DO A CHORE DAY

Over the past year, we relocated to the Community Center in downtown Two Harbors, which has increased awareness of our services to community members. Also, we were named Nonprofit of the Year 2018 by the Two Harbors Area Chamber of Commerce in March 2018.

## North Shore Area Partners – Silver Bay

99 Edison Blvd., Silver Bay, MN 55614  
(218) 226-3635 · director@nsapartners.org

We continue to be the sole provider of assistance to older adults living at home in our large, mostly rural service area in the northern half of Lake County. The isolated & widely dispersed population in this region creates many challenges for accessing services & information. Coordinating volunteer drivers for transportation to medical appointments is the most frequently requested service. Our volunteers also provide chore & household services to individuals, & our Caregiver Consultant provides support & coordinates respite for caregivers. We organize a variety of educational opportunities to support seniors' independence as they age.

## WEST CENTRAL MN

### Barnesville Area LAH/BNP Helpers

124 2nd Ave. SE, PO Box 668, Barnesville, MN 56514  
(218) 354-7090 · bvillehelpers@live.com

The last year flew by for us! We focused our energies on our two Matter of Balance classes & a Tai Ji Quan course, & they were great successes. We started a Caregiver Support Group. Our educational offerings included “Mental Health in the Golden Years,” “Cooking for One”, & “Arthritis & Joint Pain,” & there was great enthusiasm! We observed the importance of socialization & offered several opportunities for people to spend time with others & laugh, including at our annual trip to Jasper's Theatre & Concordia's Christmas concert. Our community continues to be supportive & appreciative of the services we offer!

### Living at Home of the Park Rapids Area

120 Main Ave. N, PO Box 465, Park Rapids, MN 56470  
(218) 732-3137 · director@parkrapidslivingathome.org

In addition to our core services, we worked on a socialization project: a planned coffee/activity/social hour. Our first one was in June & 13 people attended, including volunteers we specifically matched with seniors. The theme was memories, & our Eldercare Services Coordinator read a story & conducted an art project to help seniors tell their stories of some of their favorite memories. It was very well received & fun was had by all, & another one is planned for the fall.

## Neighbor to Neighbor LAH/BNP for Frazee and Vergas Elders

PO Box 141, Frazee, MN 56544  
(218) 334-3559 · N2Ndirector@gmail.com

We helped more people put in home safety updates & ramps with state grant funds. We are also having very good response to senior exercise programs in our new office space. Both of those are vital to keeping people in their own homes. Our agency has taken the lead in organizing & presenting a Frazee area Health Fair with almost 30 agencies making presentations. We have also had a great response to our medical equipment exchange which recycles canes, walkers, wheelchairs, safety rails, etc. with no charge in the community.

### Pelican Rapids OAKS

215 East Mill Avenue, P.O. Box 225  
Pelican Rapids, MN 56572  
(218) 863-1515 · maggiedriscoll@ecumen.org

During the past year OAKS continued to grow and served 209 unduplicated participants. Here's a story we would like to share. Joe started participating in the OAKS program this year. He is a US Veteran & has no living family. He's been diagnosed with cancer & is in the middle of treatments at a Fargo facility. We have a number of volunteers that really enjoy helping veterans, & two of them have gone above & beyond to help Joe. The first obstacle for Joe was that he was living in a home that did not meet his needs. A volunteer who was driving him to his appointments was able to help Joe find new housing in town, which gives him the opportunity to socialize with other residents. Another transportation volunteer has become close to him & takes time to stop & see how he is doing, not because he's asked, but just because he cares. Joe is still in treatment, but is doing well & starting to thrive in his new surroundings.

### Rothsay PARTNERS

Box 234, 203 1st Ave. SW, Rothsay, MN 56579  
(218) 867-1234 · rpartners@rtelnet.net



BOARD OF DIRECTORS HOST PIE/ICE CREAM SOCIAL

This past winter we made a “Soup for Seniors” delivery once a month to shut-ins which was very

well received, & we plan to do that twice a month this fall. We arranged respite care for a senior whose spouse is in the early stages of Alzheimer's, with six volunteers taking turns twice a week. We deliver meals every other day to a Rothsay resident who no longer drives. The program director led a Tai-Ji class this winter & held a Matter of Balance Class. Our 12th Tour of Tables fundraiser raised over \$5,000 for PARTNERS. Our PARTNERS' owned thrift store is now in its sixth year, & the volunteer support & donations remain viable.

## CENTRAL MN

### Atwater Area Help for Seniors

P.O. Box 64, Atwater, MN 56209  
(320) 974-8737 · lahbnp@frontiernet.net



VOLUNTEER RIDE

Over 100 people attended our annual Health Fair in September. We offered flu shots, lab screenings, blood pressure checks, & 35 booths & exhibits, as well as a free medication disposal (Deterra buckets) & 4,165 unused/expired medications (pills & patches) were destroyed. Six local couples performed in our first "Dancing With the Atwater Area Stars" & volunteers of all ages assisted. Tickets were donated for 10 of our seniors to attend, & they were transported in a 12-passenger van driven by a volunteer who wore his "chauffer" hat. Video clips of our seniors were shown throughout the evening, & the event was a source of positive conversation in our community & our top fundraiser of the year.

### Foley Area C.A.R.E

321 6th Ave. PO Box 65, Foley, MN 56329  
(320) 968-7848 · foleyareacare@cloudnet.com

Our volunteers rallied together to install a ramp for a rural senior couple which allowed them to remain living in the home they desperately love. Both were struggling to get in & out of their rural home. Volunteers not only showed up at their door with tools in hand ready to help, but they also located donations from local businesses to assist in the project. The family

has one less worry to deal with. Making sure seniors are safe is just one of the many goals of our program.

### Grove City Area - C.A.R.E. LAH

205 3rd St. S, PO Box 192, Grove City, MN 56243  
(320) 857-2274 · gcacare@embarqmail.com

We kept the CARE (Community Answers for Reaching the Elderly) program going without the state grant this past year by relying on support from the community, fundraisers, & a few outside grants. We kept two people out of nursing homes & remaining in their own homes with home care services. We received a grant to remodel our foot care room, & we increased the number of foot care clients served. We also started a grief support group. Our main services are foot care clinic, caregiver support group, grief group, friendly visits, rides, activities, deliver meals, companionship, & education.

### Helping Hands Outreach

101 Plymouth St., PO Box 293, Holdingford, MN 56340  
(320) 746-9960  
carol.lundquist@holdingfordhelpinghands.org

We purchased a handicap van this year with funds from the state grant. Its main purpose is to transport our adult day care clients. We had a son come in who wanted to use the van to pick up his wheelchair-bound father at a St. Cloud nursing home & take him & his mother for a drive around the countryside to see the crops. They rented the van for the day & saw the crops, visited an old friend, & attended the wake of a friend in Holdingford. They all had a wonderful day & were very grateful to be able to bring dad back to the community for a day, & they plan to do so again.

### Paynesville Rose Center

1105 Main St. W, Paynesville, MN 56362  
(320) 243-5144 · paynesvillerosecenter@gmail.com

This past year our Dancing with the Stars event proceeds provided free equipment to help our community be safe at home. The proceeds helped purchase fire extinguishers, smoke & carbon monoxide detectors, night lights & lock boxes. Our local police department is working with the seniors & has a record of their lock box codes on file in case of emergencies.

## SOUTHWESTERN MN

### Granite Falls LAH/BNP

752 Prentice St., PO Box 84, Granite Falls, MN 56241  
(320) 564-3235 · marklahbnp@mvtvwireless.com

In addition to providing direct services such as assisted transportation, respite care & caregiver support group, we continued to focus on providing opportunities for meaningful social interaction for seniors & the disabled people living in Granite Falls & surrounding communities. These programs include evidence based course offerings such as “A Matter of Balance” & “Living Well with Diabetes”, the Heart2Heart Memory Café & new in 2017, the Building Bridges Memory Choir. We also continued to provide Dementia Friends training for the general public & shared our story with Senator Amy Klobuchar when she visited Granite Falls.

## SOUTHEASTERN MN

### Healthy Seniors of Steele County

500 Dunnell Dr., Owatonna, MN 55060  
(507) 774-7648 · edna@hsscprogram.org

We are in the process of completing a comprehensive communication program, complete with a hsschelps.org website assessment tool, education & marketing program. As an example of service, it took a few months for us to meet Leon & his wife. Leon is legally blind due to a stroke, & his wife is his constant caregiver. Leon’s daughter originally called Healthy Seniors seeking respite care, but his wife wasn’t comfortable having anyone come into their home. After Leon had a couple of falls, his wife agreed to have Healthy Seniors come in weekly to do the Healthy Partners exercise program with him to strengthen his legs. Healthy Seniors also performed a fall prevention assessment of their home & small chores for them to prevent a fall. The exercises became easier as Leon gained strength in his legs, so resistance bands were added for additional benefits. As Leon’s legs became stronger, he was able to get out of chairs easier & go for walks outside. Also, after a short time with the Healthy Partners program, Leon’s wife was open to having a volunteer come in to visit with Leon or take him places in town so she could have a break from caregiving. Leon enjoys spending time with his new friend Joe, & his wife

can leave home & enjoy some time on her own while having the peace of mind that Leon is taken care of.

### Pine Island Area Home Services LAH/BNP

109 3rd St. SW, PO Box 566, Pine Island, MN 55963  
(507) 356-2999 · piahs@bevcomm.net

A “Matter of Balance” class was well attended & provided our clients a preventative approach to reducing fall risks & increasing their strength & balance. Transportation requests remain the number one need for our clients. We are able to fulfill the transportation requests 100% of the time, which facilitates our clients’ continued confidence in being able to remain independent in their homes.

## TWIN CITIES MN

### Como Park Falcon Heights LAH/BNP

Como Park Lutheran Church  
1376 Hoyt Ave. W, St. Paul, MN 55108  
(651) 642-1127 · director@comobnp.org

We expanded our in home & group exercise courses. Our older adult clients provided feedback indicating that the courses helped improve their overall balance, physical wellbeing, & mood. Not only are we working on strength building & preservation of mobility, we’re reducing isolation & depression, which is one of the core tenants of our programming goals.

### East Side Elders

463 Maria Ave., St. Paul, MN 55106  
(651) 683-2326 · director@eastsideelders.org



MONTHLY ELDER CAFÉ AT EAST SIDE ELDERS

East Side Elders increased its service area to include that previously served by Conway-Battle Creek Healthy Seniors, essentially one-third of the City of St. Paul. This expansion greatly increased the number of home visits & companion services. East Side Elders is now an approved provider of Elderly Waiver & other waiver programs for companion services, chores & homemaker services. We opened the Wellness Wisdom program at the Elders Lodge where we address the specific needs of the Native American community.

We served 679 unduplicated seniors with a variety of services, such as referrals & resources, rides, chores, friendly visits, housekeeping & health promotion, including footcare.

### Hamline Midway Elders LAH/BNP

1514 Englewood Ave, St. Paul, MN 55104  
(651) 209-6542 · tom@hmelders.org



YOUTHWORKS VOLUNTEERS FROM MILWAUKEE AND KANSAS CITY DOING YARD WORK

We continue to offer a combination of individual support services (e.g. medical rides, grocery coordination, & application assistance) & a variety of health/wellness group activities (e.g. exercise, chair yoga & tai chi classes) to neighborhood elders. One highlight was partnering with YouthWorks to provide chore services to 30 seniors this past summer. Another was a fun field trip utilizing a vintage bus & a scenic autumn boat trip on the Mississippi River. We are also offering more opportunities for elders to contribute to their community: knitters make & donate shawls & scarves to a hospice & a school, reading buddies engage with 3rd graders, & many folks have donated books to a program that gives them to other seniors.

### Highland BNP

c/o Our Lady of Peace  
2076 St. Anthony Ave., St. Paul, MN 55104  
(651) 696-8425 · paulaf@ourladyofpeacemn.org



PROGRAM PROVIDES RIDES TO THE ANIMAL CLINIC AND OFFERS CAT CARE IF A CLIENT IS HOSPITALIZED

Highland BNP celebrated 30 years of providing professional & volunteer neighborhood based services in the fall of 2017. We also held seven monthly community outreach events at various senior housing & public venues with increasing turnout over the year.

Our long term & trusted presence contributes to elders & their caregivers contacting us for assistance.

### Keystone Community Services

West 7th Community Center  
265 Oneida, St. Paul, MN 55102  
(651) 298-5493 · timagee@keystoneservices.org



MN UNITED SOCCER TEAM'S MASCOT, PK, AND TEAM MEMBERS HELPED DELIVER MEALS ON WHEELS

This year we helped a disabled senior veteran avoid long-term homelessness, access medical care, & stabilize his food security. That showcased what our team can do for our community.

### Longfellow/Seward Healthy Seniors

2800 East Lake Street, Minneapolis, MN 55406  
(612) 729-5799 · maryalbrecht@lshealthyseniors.org

We provided services to 605 seniors in south Minneapolis last year. For example, we helped Pearl, who is 95 & likes to stay active, remain independent. She has lived in the same house for 50 years & says "I've been ridiculously healthy all my life, except for the last five years." Volunteers provide her rides to our activities & classes, other community events, medical appointments & shopping. We recently matched her with a "Friendly Visitor" volunteer who grew up in Japan since she's interested in learning about different cultures. Our Community Nurse provides Pearl home visits. We provide a subsidy so she can have a "Lifeline" medical alert. Pearl is one of our phone tree volunteers, & she makes calls to other seniors from her own home.

### Neighborhood Network for Seniors

1895 Laurel Ave., St. Paul, MN 55104  
(651) 646-2301  
alison@neighborhoodnetworkforseniors.org

This year we focused on expanding our education & caregiver respite programs, doubling our exercise class offerings, & enhancing our partnerships with community groups in our service area.

## Nokomis Healthy Seniors Program

4120 17th Ave S., Minneapolis, MN 55407  
(612) 729-5499 · [melliasen@nokomishealthyseniors.org](mailto:melliasen@nokomishealthyseniors.org)  
Sharon, who has been receiving services from Nokomis Healthy Seniors for two years (since she moved to Minneapolis to live with family), recently had a bad fall. Our nurse visited her & completed a home assessment, & together with doctors, the nurse created a plan to ensure Sharon was progressing & had the support she needed, including transportation to doctor appointments & our exercise classes & activities. Sharon is grateful for the support she receives.

## North East Seniors for Better Living

1961 Sherwood Ave., St. Paul, MN 55119  
(651) 808-1901 · [neseniorsforbetterliving@gmail.com](mailto:neseniorsforbetterliving@gmail.com)

We served many new clients this year, including Earl who recently lost his wife of 60+ years. Earl came to one of our Senior Social events & shared how he had been struggling with loneliness & was glad to find a place in the neighborhood to spend time with others. We connected him with volunteers for friendly home visits & phone calls & referred him to a grief support group. He has also become actively engaged as a volunteer with NE Seniors, helping others with transportation & minor home repairs. Earl is a great example of a client who has both benefited from our services & given back to NE Seniors!

## North End-South Como BNP

Front Street Hi-Rise, 727 Front Ave. #118  
St. Paul, MN 55103  
(651) 487-5135 · [nescbnp@gmail.com](mailto:nescbnp@gmail.com)



PLAYING A FRIENDLY GAME OF BRIDGE

We are very proud of our growing health & wellness programming. We had over 2,600 health promotion contacts & had seniors participating in chair yoga, blood pressure clinics, art classes with the Minneapolis Institute of Art, dart ball, laughter

yoga, & a variety of other monthly programs. Our volunteers are the heart of our program & do everything from friendly visiting to cleaning out gutters. Our partnership with Gifts for Seniors allowed us to deliver Christmas gift bags & Valentine's gift bags to homebound seniors. Seeing the smile on their faces shows us we are making a difference!

## Southeast Seniors

2828 University Ave. SE, Ste 200, Minneapolis, MN 55414  
(612) 331-2302 · [marji@seseniors.org](mailto:marji@seseniors.org)

We celebrated 30 years of providing services to help seniors live well at home with an enhanced quality of life. "A Little Help can help a Lot" has been a theme of our program since we started in 1988. A ride to the doctor, foot care in the home, changing a light bulb, mowing a lawn, giving a hug, or just being a good listener can make a big difference in the life of a senior. We served over 315 older adults & their caregivers this year. Our 7th annual Celebrate Southeast with A Taste of Southeast fundraising/friendraising event was in April, & 170+ people helped us celebrate everything that is great about Southeast Minneapolis & our "neighbor helping neighbor" program.

## St. Anthony Park Area Seniors

2200 Hillside Ave., St. Paul, MN 55108  
(651) 642-9052 · [office@SAPASeniors.org](mailto:office@SAPASeniors.org)



BLOOD PRESSURE CHECK

We had another great year. Highlights include that we held a new neighborhood event, started an Older Adult Resource Series in partnership with the local library, became a Silver & Fit exercise site, & partnered with the St. Paul Fire Department to offer Safe Haven visits for seniors. Our foot care service grew so much that we needed to find another nurse, & we are now serving 32 foot care clients in their homes. Throughout the year, we welcomed 131 new participants & 23 volunteers to our program.

*All client names have been changed for confidentiality.*