

# Payne-Phalen Living at Home/ Block Nurse Program Circle of Care

## Help East Side Elders Stay Healthy and Safe at Home

By Barbara La Vallaur  
Executive Director

Despite their own economic concerns, Americans reached deep into their pockets and gave nearly \$250 billion to charitable causes in 2004. That is amazing. As a small non-profit, we are always thankful for donations, large and small. We do not charge for rides to the doctor, family care conferences, blood pressure clinics, home visits nor most of the other services we provide. (There is a



nominal fee for foot care and some nursing services.) Many of the 41 Living at Home/ Block Nurse Programs in Minnesota have benefited from moderate to large donations from elders and their families who appreciated the care they or their parents receive from Block Nurse Programs and have included donations to programs in their estates. We thank those who have supported us in the past five years, either with monetary donations or volunteer hours. You can help East Side elders stay healthy and safe at home and guaran-

tee our future by sending us a tax deductible donation and/or making a planned gift to help us help the 250 elders we serve. Last year, the Payne-Phalen Block Nurse Program kept 27 elders out of nursing homes at a savings to taxpayers of over \$1.3 million. Our funding comes from city, state, federal and foundation grants, fundraisers and donations. We cannot always count on receiving funds when we need them. So we are asking support from you, the community we serve. Receipts available upon request. Please give generously. Thank you from the bottom of our hearts!

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### Our Mission:

We build a circle of care around the diverse elders on St. Paul's East Side keeping them healthy and safe in their homes.



## Introducing Mary Gallagher

Mary Gallagher is our new Manager of Elder and Volunteer Services. If you need a ride to the doctor or want to volunteer, please call Mary at 651.774.7078 Ext. 24. Mary and her sister, Monica Gallagher, Hamline-Midway LAH/BNP have the distinction of being the only sisters serving in the same position for different Block Nurse Programs in the state.

Photo by Barbara La Vallaur

## Jennie Mentors Nursing Student: A Win-Win Arrangement

**Paula Ness** is a nursing student at Century College. **Jennie Zawislak** is a long-time resident from the East Side. When Jennie agreed to mentor a service learning nursing student, she had no idea it would develop into a great friendship which has extended

past the required time commitment for Paula's classes. They were photographed recently at one of our Blood Pressure Clinics at St. Casimir's Catholic Church. They feel their arrangement is a win-win situation. We do, too.



Photo by Barbara La Vallée

## Caregiver Support Group by Maryann Chowen, PHN

If you are caring for someone with chronic or long-term health problems, we highly recommend you come to our Caregiver Support Group. Whether the person you are caring for lives with you, separately in their own home or in a care facility, this group will be beneficial for you.

Caregivers have to deal with all the tough problems that arise because of their loved one's condition and as a caregiver, you have a right to peace of mind.

Remember, it is important for you to take care of yourself so that you can be there for your loved ones.

In the Caregiver Support Group you will have what you need to support yourself and your loved one.

**The Caregiver Support Group meets the 2nd Tuesday of each month from 2 to 4 p.m. Call Mary to attend.**

## FREE Home Visits by Resident Physicians

by Ana Diaz, MD

We are happy to have a partnership with East Side Family Clinic (formerly Regions Family Physicians) 860 Arcade St. Over the next two years, 28 resident physicians are making **FREE home visits** with our elders. This is made possible in part by the Bridge Partnership Grant from the MN Department of Human Services. **Call us to learn if you or a loved one qualifies for this wonderful experience.**



## Free Pet Exams

For current elders served by our program, free examinations are available in your home for your dog or cat by students of the U of M School of Veterinary Medicine. Call us today.



## Active Elders Meet

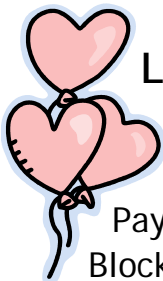
The next fun meeting of the active elders social group (65+) is Thursday, Sept. 8th from 1-4 p.m. for a trip to the Science Museum of Minnesota and Omnitheater. Entrance is \$3. Transportation will be provided. Call Mary at 651.774.7078 Ext. 24 to sign up. Our goal is to have fun and we're succeeding. Come join us!

### Drivers Wanted!



Tailored to your schedule  
We need volunteers to provide transportation to medical appointments. It is not a huge time commitment. Please call Mary at 774.7078 Ext 24.

## Love Yourself: Health Fair Set for Feb. 14th



### Love Yourself,

a Health Fair, will be hosted by the Payne-Phalen LAH/Block Nurse Program on Feb. 14th, 2006 Valentine's Day at First Covenant Church. Time and details will be in December's **Circle of Care**, local newspapers and church bulletins. There will

vendors providing information and answering questions about strokes, Parkinson's, high blood pressure, Alzheimer's, diabetes, a Blood Pressure Clinic, information on the new Prescription Drugs changes, material about housing options and services that help keep you safe at home.

## Payne-Phalen Board Elect New Officers

The board elected new officers at the August meeting. They are: **Kerry Stone, Chair; Chuck Aguirre, Vice Chair; David Theisen, Treasurer; Nancy Fox, Secretary; Dolores Zeller, Kristie Bernstein, and Eustolio Benavides.**

The board meets the third Thursday of the month from 5-6 pm. Please call if you are in-

terested in being on the board or volunteering with us doing something you love to do. *You make a difference.*



### Great gift idea!

**Buy a mug for only \$10**

**support the Block Nurse Program.**

## MyPyramid.gov by Ana Diaz, Health Educator

To find out how much and what you need to eat from the new food pyramid announced recently by the United States Department of Agriculture, go to (or have your grandchildren go to) MyPyra-

mid.gov. Enter your age, sex and amount of physical activity to view "My Pyramid Plan" and learn what and how much from each food group you should eat daily to be healthy.



## Payne-Phalen Living at Home/ Block Nurse Program

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[www.elderberry.org](http://www.elderberry.org)

### **VOLUNTEERS NEEDED!**

English, Hmong or Spanish  
speaking. Please call Mary to  
learn who you can help today!

The next issue of **Circle of Care**  
will be out in December.

## Blood Pressure Clinics



First Covenant Church  
1280 Arcade St.  
St. Paul, MN 55106  
Second Wednesday  
9 ~ 10 am

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St. Casimir's Church  
930 Geranium St.  
St. Paul, MN 55106  
Third Thursday  
11 am ~ Noon

For Latino Elders  
Our Lady of Guadalupe  
401 Concord St.  
St. Paul, MN 55107  
Second and Fourth  
Tuesdays  
9:30 ~ 11:30 am

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Hmong BP Clinic at  
HAP starting soon.

**Lifeline  
can  
save  
your life!**

**Ask us.**



*We can help you!*



Need footcare?  
Call Maryann Chowen, PHN  
651.774.7078 Ext. 32