

Payne-Phalen Living at Home/ Block Nurse Program

Circle of Care

Proud Day: Juntarse, a Gathering for Latino Elders



Inside this issue:

- Gift Cards a Win-Win 2
- NEW website: 2
- Social Group 3
- Volunteer Highlight 3
- List of Donors 4

Photo at left: Board Member Chuck Aguirre, center, stopped in to welcome Latino elders and thanked staff and volunteers for their work and time.

Story and Photo by
Barbara la Valleur

Nov. 7th was a proud day for staff and volunteers of the Payne-Phalen LAH/BNP. Ten 10 Latino elders with memory loss met for the first Juntarse on St. Paul's East Side. The group along with volunteers and staff gather Tuesdays from 9 a.m. to 1 p.m. in the Upper Fellowship hall at First Cove-

nant Church. **The historic gathering was made possible by a \$25,000 grant from the Henry M. Burghard Fund through The Saint Paul Foundation.** The need for the gathering was made clear over the past year more and more Latino elders shared with us their desire to have a place to gather in their own neighborhood. We would like to acknowledge and thank the

following key staff, volunteers and others who helped: Artemio Alvarado, Health Outreach Advocate and Ana Diaz, Health Educator, who identified the participants; Maryann Chowen, Block Nurse; Barbara La Valleur, Executive Director, who wrote the grant; Patricia Guerrero-Miranda and Cathaya De Kegan, volunteers who assist during the gathering; Susan Stotz and Andrea

Engle, two medical Spanish students from the U of M, who designed a brochure and created a three-month schedule and the Board of Directors who voted with confidence that we could do it! First Covenant Church generously donated space to house the gathering as part of their current "...imagine a church..." mission.

¡Muchas Gracias!

By Maryann Chowen, PHN,
Block Nurse and Healthcare Coordinator

The File of Life: It can save your life!

We encourage our seniors to use the **File of Life**, a system to communicate a person's emergency information with 911 responders. How it works: when a person or their caregiver has called 911 and the paramedics come to the door and observe a File of Life sticker on the outside door, this alerts them to go to the

person's refrigerator, remove the magnet and find vital information: an emergency contact person, a list of medications, brief medical history, the hospital of choice, emergency resuscitation guidelines and healthcare medical information needed for billing transportation. By having this information in one loca-

tion, *precious time* is saved for paramedics to expedite the senior to the hospital. If there is more than one elder in the home, I recommend placing a photograph in each magnet file so paramedics can easily identify the correct person's file. In an emergency, **time is life**. As a Public Health

Nurse, I encourage all our seniors to **be proactive** about their health. Take the time when you are healthy to fill a **File of Life**. Call us and we will assist you. It is complete when the paperwork is done, signed by your physician, the sticker is on your door and the **File of Life** magnet is on the refrigerator. Healthy Holidays!

Gift Donation Cards is a Win-Win for You and the BNP

You may have received a mailing awhile back with a win-win request. It included distinctive cards to be given to family and friends on the occasion of their birthdays, anniversaries, special occasions, or to mark someone's passing. The cards allow you to make a donation to our program in their honor or memory. A smaller card and envelope is provided to send the donation (cash or check) to our program stating the name of the

honoree, donor and gift amount. View the "Donors and Funders" list on our website and see back page of this newsletter for a shortened version.

THANK YOU to all those who have taken advantage of this win-win project: you are able to give twice, once to honor a special person and once to support the work of our program.

If you'd like more gift cards, please

call or stop by our office.

With funding cuts the past three years, a dramatic increase in services and the number of persons being served, we need to be creative about increasing our funding. There is no charge for most of our services. Another way to contribute is to remember us in your will. If this is something you would like to do, please contact us and we will have an experienced person work with you to simplify the process.



Julie Toth Photo by Maryann Chowen

Julie Toth, RN, Service Learning Student Volunteered 225 hours, Becomes Block Nurse

We would like to acknowledge Julie Toth, RN, who volunteered 225 hours as a Service Learning Nursing Student with the University of Minnesota School of Nursing Fall Semester 2005. She was mentored by Maryann Chowen, PHN, Block Nurse and Healthcare Coordinator. Julie's experience was so positive that upon graduation, she chose community nursing and is currently employed by the Minnesota

Visiting Nurses Association working with two Block Nurse Programs in the metro area. Julie's experience with us included accompanying Maryann, our Block Nurse on home visits and at Blood Pressure Clinics, Case Management meetings, helping with filing, office work and program organization. She helped advocate for seniors and was a valuable team player and great support to the staff and program. **Thanks, Julie!**

Check out our new Website: www.blocknurse.org/payne

Active Elders

meets the 2nd
Thursday of each
month from 1 - 3pm.
We have lots of fun!
Call Mary to attend, if
you need a ride or if
you can provide one.

Co-sponsored by the MN Dept. of Human Services

We're excited about our new website designed early this year by eDigita, a St. Paul company. Be sure to view each section and tell others about it. You'll want to check in frequently for updates especially in the areas of News, Photo Gallery and Donations. Learn about our history, services, hours of operation, who we serve, how we're funded, who's on our board and more. Look at the calendar of events to see if there is an event you'd like to attend. View FAQ (Frequently

Asked Questions), scroll down the Photo Gallery, access our newsletters as well as links to our community partners. You can also print out volunteer forms to become a volunteer. To increase typeface click increase at the top left of each page for

larger type.

To view websites of the other 40 BNP's as well as Elderberry Institute's website, go to

www.blocknurse.org

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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.

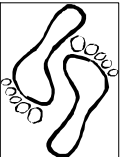
Can you drive a senior to the doctor? We need you. Call Mary!.....



Blood Pressure Clinics
Schedules on our Website



Please call Maryann for
Foot Care 651.774.7078



Our 2006 Honor Cards Donor List

A big **THANK YOU** to
donors who gave Honor Cards to
family and friends in 2006 while
supporting our program. The list is
also available on our website
www.blocknurse.org under Fun-
ders and Donors. They include:
Melinda Hunt, Dorothe Sanny,
Dorothy Kellner, Salvador San-

ches, owner of Sanches-Morelia;
Adele Nelson, Hugo Munoz,
owner of Café Mi Pueblo; several
members of the University of Min-
nesota Women's Club, Art and
Edna Johnson, Mike Schak, Iris
Romanowski, Evelyn Picha, Cheri
Bjuström, Philip and Sharon Carl-
son, Judy and Hattie Cunningham,
Arnie Bigbee, Barbara La Valleur,
Deloris LeClaire, Ilme Solom, Lynn
and Kenneth Gilmore, Bill and
Jane Hult, Victor and Florence
Tedesco, Shirley Jensen, Joyce

Norbury, Mary Sroka, Robert Gant,
Dorothy Brigham, Ed Voeller, Marie
Masanz, Nell Montgomery, Berna-
dette Cunningham, Yvonne Wimer,
Frank and Marie Van Horn, Muriel
Olson, Lorraine H. Olson, Nancy
Fox, Matt Schroeder, Valerie Ru-
dolph and Phillip Baird. Do you
want your name here? Contact us.

Opps...if your name was inadver-
tently left off the list we apologize.
Please tell us so we can add you to
our website donor list.