

Circle of Care

Payne-Phalen Living-At-Home/Block Nurse Program

Fall/Winter 2010

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Payne-Phalen BNP Maintains Services Despite Changes

The Payne-Phalen Living-At-Home/Block Nurse Program (LAH/BNP) has undergone many changes over the 18 months. Executive Director Barbara La Valleur retired in April of 2009 and Mary Gallagher, formerly the program's Services Manager, was hired in her place. Dr. Ana Diaz continues in her role as Health Educator. There is no longer a Public Health Nurse on staff, but with the help of volunteer nurses, the program continues to offer three community blood pressure clinics each month and assists seniors who need help setting up their medications.

There is no longer a Services Manager, so we rely on volunteers to provide rides to medical appointments and shopping. Volunteers also deliver Brown Bag groceries, assist with coordination of the monthly Active Elders group every 2nd Thurs-

day, and to help with office work including data entry, filing, answering the phones, and bookkeeping.

Volunteer Board members not only provide oversight and direction for the program, but also contribute time as drivers, fund-raising, delivering food, and assisting with office work and reporting.

Thanks to the support of American Legion Post 577 we held two successful fundraisers in the past year, a Fish Fry in February and a Spaghetti Dinner in October. Volunteer Lois Rayburne and other friends of the program held two garage sales with benefits going to the Block Nurse program.

Thanks to dedicated volunteers and the support of the Payne-Phalen community, our work on behalf of East Side elders continues.



Sylvia Weiser, Gertrude Stainbrecker, and Annetta Bilderback learn about Healthy Moves exercises from Block Nurse Bonnie Berguetski. For more information on the Healthy Moves program, see page 3.

Join Payne-Phalen BNP's Active Elders Group Second Thursdays

On the second Thursday of most months the Payne-Phalen Active Elders group meets from 1 to 3 PM. Sometimes the group is here at our office and there's a speaker or games, along with time for a snack and conversation. Other times we go out in the community. Places we've been include the Como Conservatory, Apple Orchards, the James J. Hill House,

Polly's Coffee Cove, Maplewood Mall, the Science Museum, the Olive Garden, Yarusso's, and the Mounds Park Theater for a behind-the-scenes tour.

If you'd like more information or would be interested in participating in the group, call the office at 651.774.7078.

Donors' Generosity Sustains Our Work

The following individuals and businesses have made generous contributions to the Payne-Phalen LAH/BNP recently. We greatly appreciate your support!

Individual Donors

Thelma Beam
Ione Belisle
Bob and Connie Benson
Annetta Bilderback
Dorothy Brigham
Adeline Campbell
Mary Ciccarelli
Cathaya G. de Kegan
Charlotte Ehrisman
Sally Engebretson
Mary Fuller
Connie Hanson
Norma and Tom Hawkins
Robert and Marlys Hult
Bill and Jane Hult
Robert and Beverly Jacobson
Shirley Jensen
Arthur and Edna Johnson
Anne King
Lucille Kleiter
Anne and Larry Klueh
Tom Kulyas
Diane Kryjeski
Barbara La Valleur
Irene Martin
Isabel Mujica
Glenn and Betty Nielson
Joyce Norbury
Dorothy Nygard
Dr. Robert Ostlund
Jeanne and Vern Pearson
Michelle and Paul Peine
Isabel Rasmussen
Lois Rayburne
Bette and Robert Revoir
Shelley and Mike Robshaw
June Rousseau
Val Rudolph
Dorothe Sanny
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Joan Smith
Ilme Solom
Gloria Sosa
Kerry Stone
Shirley Strum
Keith and Marcy Turnquist
Frank Van Horn
Larry and Susan Voeller
Frank Wierzba
Thelma Winther

Business/Corporate Donors

Mark Gallagher/Gallagher Financial Services
Arlington Hills Lutheran Church
Mt Carmel Lutheran Church
First Covenant Church
Cody Law Firm
Land O' Lakes Foundation
3M Foundation Matching Funds
Cub Foods on Prosperity
Retired Teachers Federation
University of Minnesota Fund
Siva Systems
St Paul Foundation Community Fund

In-Kind Contributions

Barbara Bauer	Polly Dedrick
Michelle Becker	Ruth Kabes
Bob Benson	Mary Fuller
Bonnie Berguetski	Steve Carlson
Kathy Gannon	Lois Rayburne
Bob Kosmalski	Autumn Updaw
Lucas Thompson	Stuart Knappmiller
First Covenant Church	
Polly's Coffee Cove	

If you have made a contribution recently and your name isn't on this list, we apologize, and ask that you contact us so we can include it in the next newsletter.



Shirley Torgerson, Keith Turnquist, and Lois Rayburne are ready for customers at a garage sale. Since 2008 Lois has organized five sales that together raised over \$4,000 for the Payne-Phalen Block Nurse Program.

Memorial Gifts

In Memory of Edna Johnson

Barbara LaValleur

In Memory of Doreen Johnson

Gage and Virginia Colby
Gary L. Johnson
Dale and Rita Meyer
Gordon and Diane Johnson
Donald and Bonnie Timm
William Patton
Janet Pearson
Robert and Florence Prosser Jr.
Other friends and family members

In Memory of Alice Lennartson

Carol Abromeit
Mary Kaye Anderson
Katherine Hofmann
Vernon Jordal
Irene Martin
Thomas and Marilyn Swanson
Shirley Torgerson
Laverne and Joseph Vondrasek
Mark Winitzky
Alex Winitzky
Other friends and family members



"A nation that honors its elders can hold its head up high because a nation that gives unto its elders and cares for them and acknowledges their sacred nature, is a better society to live in than one that institutionalizes nearly two million frail mothers and fathers."

— Dr. William H. Thomas,
author and gerontologist

Angels Among Us – Volunteers Make a Difference

With the help of many dedicated volunteers, we've been able to continue providing services that East Side elders rely on to maintain their independence despite staff cuts.

Our program depends on volunteers to help in many ways:

- On a day we had five requests for rides to medical appointments, our volunteer drivers saw to it that everyone made it to their clinic.
- Once a month food from the Brown Bag Program for Seniors is delivered to elders for whom getting this type of help means they don't have to choose between buying groceries or paying for prescriptions.

- In the office volunteers answer the phone and enter data that we need in order to track our work to meet grant requirements.

- A raffle and garage sale generated hundreds of dollars to support our program. Both were spearheaded by volunteers, as was our summer picnic at the Phalen Pavilion.



- Volunteers use Quick Books to track expenses, maintain rec-

ords, meet grant reporting requirements, and pay bills,

During the first six months of 2010, volunteers contributed over 3600 hours as volunteers for the Payne-Phalen BNP.

This includes: 267 rides to medical appointments and shopping, 44 elders had in-home nursing visits, 83 food deliveries were made, and approximately 200 people received services from our staff and volunteers that improved their quality of life and helped them remain safe in their homes.

Meet the Nurses in the Block Nurse Program

It's difficult to be a Block Nurse Program without a nurse. Public Health Nurse Bonnie Berguetski began as a volunteer alongside Maryann Chowen, the Public Health Nurse on the Payne-Phalen BNP staff, before the staff position was cut due to reductions in grant funding. Bonnie has stepped in as a volunteer to continue the home visits and community blood pressure clinics so that elders receive ongoing assessments and guidance to meet their health care needs.

Bonnie lives in the neighborhood, so when an 86-yr-old resident was

disoriented and without heat on a January day, Bonnie was at the house within ten minutes of getting a call. She offered assistance and prevented a trip to the emergency room. On several occasions Bonnie has alerted elders or family members after noticing high blood pressure readings, and heard afterwards that the person would likely have had a stroke or other serious

problem if they hadn't been advised to see their doctor right away.

Addressing concerns *before* a crisis helps elders better manage chronic conditions and maintain their health and independence.

When seniors need more intensive nursing services, Payne-Phalen and other BNPs partner with Recover Health, a Medicare certified Home Health Care agency with nurses, home health aides, and homemakers on staff. Recover accepts Medicare payments, or in the case of private pay, offers a discount to Block Nurse participants.

"I like knowing that our work makes a difference for my neighbors." -- Bonnie Berguetski



Staff and volunteers at the Payne-Phalen LAH/BNP received instruction in teaching the Healthy Moves Exercise Program. Healthy Moves is designed to help people increase strength, flexibility and balance by doing simple exercises

Healthy Moves – Exercises That Can Be Done At Home

at home.

The program is free to those who are willing to make a three-month commitment and includes goal-setting and instruction from people trained through the Wilder Foundation.

Exercises are very gentle, and can

be done sitting or standing. Payne-Phalen area elders who are interested in increasing their mobility and flexibility and living more productively can call the Block Nurse Program office at 651-774-7078 to sign up for individualized instruction.

Payne-Phalen Living-At-Home/Block Nurse Program

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www.blocknurse.org/payne



We build a circle of care around East Side elders, keeping them healthy and safe in their homes.

The Payne-Phalen Living-At-Home/Block Nurse Program was founded in 1999 by member of the First Covenant Church on St. Paul's east side. Our staff and volunteers provide services and referrals that aid seniors in the Payne-Phalen neighborhood and help them remain safe and independent in their homes.

The Payne-Phalen LAH/BNP is part of the statewide Living At Home Network, consisting of 43 Living-At-Home/Block Nurse Programs. We are funded in part by grants from the Minnesota Department of Human Services, and from the Metropolitan Area on Aging for work with caregivers and people with memory loss.

What We Do With a Little (or A lot) of Help From Our Friends

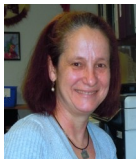
The note that arrived with a check to our program in memory of the East Side woman said, "Keep up the good work!"

The good work our program does is a collaborative effort. Dr. Ana Diaz, our Medical Advocate, provides health education and advocacy and works closely with East Side Latino elders and their families. She and I are currently the only paid staff. Volunteers have taken on parts of my old job, and I would be lost if they weren't here helping meet the ongoing need for rides and visits, and providing assistance (and company) in the office. I'm particularly grateful to Board members (who are also volunteers) and to our accountant for patience and support when as a new director, I've had to learn the administrative side of how a non-profit works. I now know that the State of MN, Attorney General, IRS, and Worker's Compensation all require different forms and paperwork and have different reporting requirements.

In the past year we've had outstanding groups of Nursing students from Century college in the Spring and Fall who have



Mary Gallagher



Dr. Ana Diaz

been friendly visitors to some of our elders. Tuesday mornings Spanish language students from the U of M brought energy and enthusiasm to Juntarse, our group for Latino elders.

We continue to explore ways to more effectively serve seniors on the East Side so we've been meeting with BNP's from adjacent areas and with Little Brothers/Friends of the Elderly to bring in company for isolated seniors. With Lutheran Social Services we sponsor a Senior Companion group which promotes elders providing companionship to other elders. We've also established a partnership with Recover Health, a Medicare certified nursing agency, to be available when there are more intensive medical needs due to illness or when someone has been released from the hospital.

Although we're small, our impact on the health and well-being of East Side elders is significant, our help allows some to stay at home and in the community rather than needing to go into long-term care. I'm proud of our staff, volunteers, and donors who make this possible, and look forward to what we'll accomplish together in 2011.