

Living at Home Network

ANNUAL REPORT

JULY 1, 2016 - JUNE 30, 2017



HAMLIN MIDWAY ELDERS

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



Service Statistics

JULY 1, 2016 - JUNE 30, 2017

12,833
PEOPLE SERVED

3,943
VOLUNTEERS

82,136
VOLUNTEER HOURS



500 Rice Street, Suite 104
St. Paul, MN 55103
(651) 649-0316 • director@lahnetwork.com

ABOUT LIVING AT HOME NETWORK



SOUTHEAST SENIORS



HOLDINGFORD HELPING HANDS
ADULT DAY CENTER RIBBON CUTTING



HAMLIN MIDWAY ELDERS
INTERGENERATIONAL PROJECT

The first Living at Home/Block Nurse program was started in 1981 in St. Anthony Park in St. Paul, MN by community residents wanting their neighborhood to do more to help older adults. The program was successful and soon other communities in Minnesota wanted to start similar programs. Each program raises funds from local individuals, businesses, events and grants. Most of the programs receive state funding from the MN Department of Human Services. The 32 programs are connected through the Living At Home Network, formerly Living at Home/Block Nurse, Inc. The members of the Living at Home Network share common guiding principles that include:

- Governed by community residents within geographic boundaries they define
- Stimulates neighborly expressions of caring and friendship
- Provides or arranges for quality comprehensive health, social and support services for elders
- Emphasizes health promotion, early intervention and management of chronic conditions. Service provision is based upon need rather than ability to pay

- Conducts ongoing and proactive outreach in the community
- Learns best practices, shares knowledge and avoids duplication of efforts within resources

In 2016-2017 the Living At Home Network (LAHN) assisted member organizations by providing:

- Coordinated legislative advocacy
- A statewide conference
- Access to discounted liability/property insurance
- Resources and technical assistance on a variety of topics including a toolkit on how to enroll to be Alternative Care/Elderly Waiver provider
- Opportunities for programs to connect and learn from each other

In the coming year, LAHN plans to explore the potential to help new communities start a Living at Home Program, enhance the database available for members to use, develop ways for joint marketing to increase visibility and offer webinars and other ways for programs to connect with each other.

It is not easy to be a small nonprofit in today's environment but working together as LAHN the aim is to be stronger together.

2016 – 2017 LAHN PROGRAM HIGHLIGHTS

NORTHWEST MN

Argyle H.O.P.E

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

Over the past year, Argyle H.O.P.E has been doing outreach in the rural areas and in the community. We were able to pick up a few new clients. Also, we try to get the word out about the services that our program offers. We made up new brochures, new website and Facebook page.

Middle River/Thief Lake Living at Home/Block Nurse Program

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



MIDDLE RIVER

Middle River/Thief Lake Living at Home/Block Nurse Program has implemented Matter of Balance and Live Well with Chronic Conditions classes for the seniors in the area. Both of those have helped the senior citizens who have attended. We also implemented an outreach program with a food shelf organization. Once a month, we pick up and deliver to the participating senior citizens in our area.

Stephen Living at Home/Block Nurse Program

319 5th Street, PO Box 142, Stephen, MN 56757
(218) 478-3834 • slah@wiktel.com

An example of services delivered is to a gentleman who returned to his own home from an extended stay involving back surgery, rehab, nursing home and daughter's home. He has been able to return home because of volunteers to drive, check in on him and help with household tasks. Upon return home he was receiving skilled nursing care. The Physical Therapist hadn't heard of our program, so the opportunity arose to promote and 'advertise' our program.

Tri-Community Living at Home/Block Nurse Program

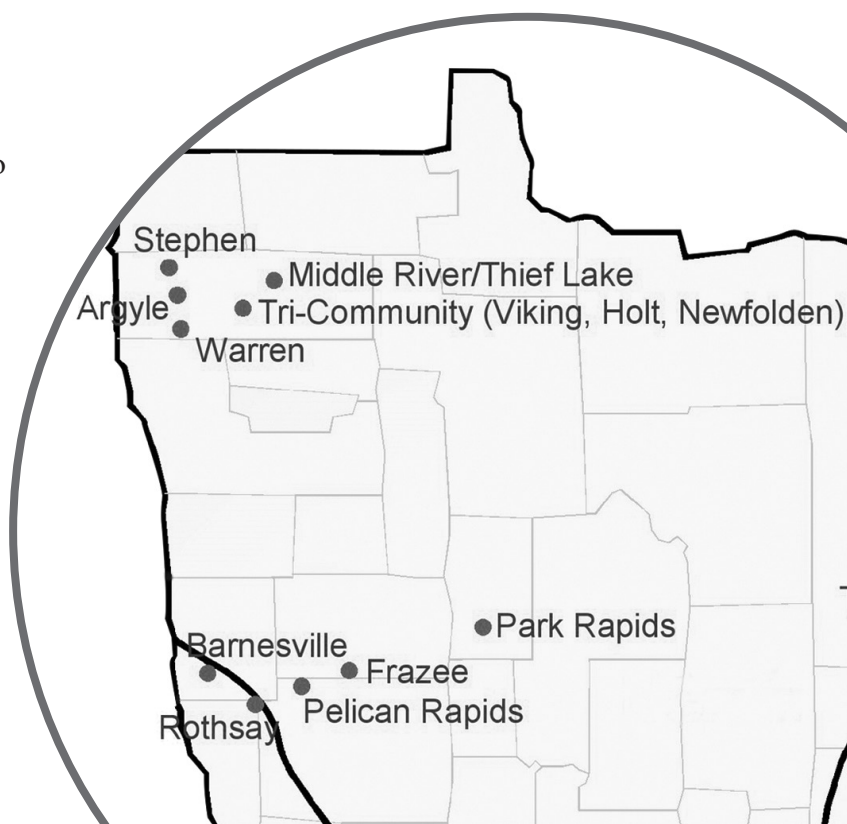
PO Box 278, Newfolden, MN 56738
(218) 874-2256 • LAHBNP@wiktel.com

Tri-Community Living at Home now collaborates with the Marshall County Food Shelf of Strandquist MN to connect local households to food support by assisting households with paperwork, signing up for service and arranging pickup and delivery of food on a monthly basis. Additionally, Tri-Community LAH/BNP has assisted the food shelf with fundraising and promotion/outreach efforts over the past year.

Warren Living at Home/Block Nurse Program

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

Accomplishments include Matter of Balance, Aqua Zumba and Tai Ji Quan classes that were held throughout the year. A staff person was trained as a leader in REST. Volunteer companion training was held in June 2017. Housekeeping and caregiver companion services were added. An Otto Bremer Grant was awarded to our program. We had an increase of 10% in new people using the program's services.



NORTH CENTRAL MN

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

Living at Home continues to grow with new clients and volunteers. We signed up 50 new clients in our last Fiscal Year. Not all requests were immediate, but because of our public awareness efforts, people are planning ahead. It is so important to be prepared before a crisis. We are so proud of our volunteers and the work they do. A thank you note from the family of one of our clients states “Thank you so much for all your help for my mom. Your crew are truly angels for my mom!!!” I think this sums up our mission. We help seniors live at home as long as safely possible.

NORTHEASTERN MN

North Shore Area Partners

99 Edison Blvd., Silver Bay, MN 55614

(218) 226-3635 · director@nsapartners.org

North Shore Area Partners continues to be the sole provider of assistance to older adults living at home in its large, mostly rural service area in Lake County. Coordinating volunteer drivers for transportation to medical appointments is the most frequent service provided. In addition, training for respite care has enlarged the pool of volunteers available for caregiver support, and a housekeeper was added to staff to provide access to this service that is otherwise not available for participants on Elderly Waiver.

Two Harbors Community Partners

PO Box 327, Two Harbors, MN 55616

(218) 834-8024 · commpart@frontiernet.net



TWO HARBORS COMMUNITY PARTNERS

Two Harbors was awarded “Best Intergenerational Community” by Generations United and the MetLife Foundation! Community Partners is moving office locations for the first time in 17 years to a more visible and accessible space. Doors open September 1st.

WEST CENTRAL MN

Barnesville Area Living at Home/ Block Nurse Program - Helpers

124 2nd Ave. SE, PO Box 668, Barnesville, MN 56514

(218) 354-7090 · bvillehelpers@live.com

HELPERS held a Senior Health Fair with 19 booths and 5 speakers. HELPERS held a Matter of Balance group with the Rothsay Partners that had 22 attendees.

Neighbor to Neighbor Living at Home/ Block Nurse Program for Frazee and Vergas Elders

PO Box 141, Frazee, MN 56544

(218) 334-3559 · N2Ndiretor@gmail.com

With money from the new grant the program was able to move into a new office that included enough room to have a regular Thursday Bone Builders exercise area. We’ve been seeing our numbers for this service increase with very positive community feedback.

Pelican Rapids Living at Home/ Block Nurse Program OAKS

215 East Mill Avenue, P.O. Box 225

Pelican Rapids, MN 56572

Pelican Rapids OAKS goals included health and wellness, increasing and providing services to the multi-cultural community, promoting our loan closet, providing transportation and increasing awareness through technology and newsletters. Our great community support contributed to another successful year.

Rothsay PARTNERS

203 1st Ave. SW, Box 234, Rothsay, MN 56579

(218) 867-1234 · rpartners@rtelnet.net

PARTNERS’ Foot Clinic continues to be a strong service sponsored by United Way of Wilkin County. The clinic reaches out to residents in and around Rothsay twice a month and also hosts a time in Foxhome every other month serving our rural community. One example of multi-service: an older couple in the Rothsay community were both ill at the same time. Volunteers provided rides to the doctor. PARTNERS’ staff did visitation and mail delivery and facilitated meal delivery, which they are still using, enabling this couple to stay at home during their recovery. PARTNERS is happy to report that they are both doing very well and continue to live at home at the age of 86.

CENTRAL MN

Atwater Area Help for Seniors

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

In June, Atwater had a storm-related power outage for over 48 hours. Staff from the program spent the first day checking in on elderly residents, focusing first on those requiring oxygen and with more serious health issues. The program worked with the local fire and police department, and assistance was offered by Kandiyohi County Health and Human Services and Lutheran Social Services Senior Nutrition. This was a good learning experience to identify steps for an Emergency Plan.

Foley Area C.A.R.E

321 6th Ave. PO Box 205, Foley, MN 56329
(320) 968-7848 • foleyareacare@cloudnet.com

One of the people served, Gary, lived in a rundown rural home. He was concerned about how long he could remain living there with water dripping from the ceiling and shaky, unstable floor boards. His income is well below the poverty level and the thought of moving became overwhelming to him. He contacted CARE for assistance and staff was eager to come to his aide. CARE provided him with food to help meet his basic needs and assisted him to complete paperwork to relocate to a safe apartment. After two years on the waiting list, he was notified he could move in with only a few days' notice. Gary was amazed when volunteers of all ages showed up to move him. He was surprised when the volunteers not only moved him; they hooked up his television, washed dishes and set up his entire kitchen and bathroom. He is thankful he can count on CARE.

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

200 South Ave, Grove City, MN 56243
(320) 857-2274 • gcacare@embarqmail.com



GROVE CITY AREA C.A.R.E. 20TH ANNIVERSARY

Grove City Area – C.A.R.E. is now providing service to the neighboring town Cosmos. An example of a person we serve is a client in Grove City who now has nursing services, bus services, adult day services and home health services every day. We have reached out to more clients and made the community aware of our program and why we are here.

Helping Hands Outreach

101 Plymouth St, PO Box 293, Holdingford, MN 56340
(320) 746-9960
frank.haynes@holdingfordhelpinghands



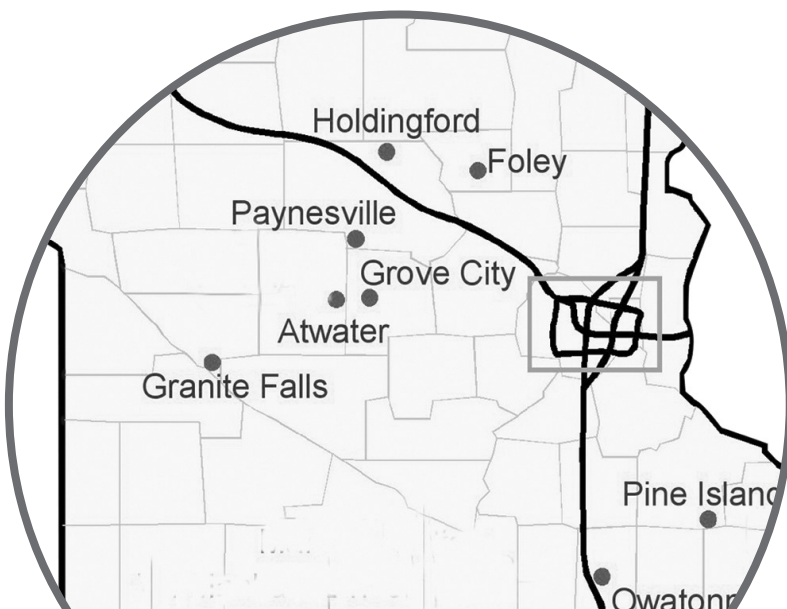
HELPING HANDS MATTER OF BALANCE CLASS

The 2016 - 2017 highlights for Helping Hands Outreach, Holdingford, MN included the addition of dementia education and screening programs and construction of an adult day center scheduled for opening in August 2017.

Paynesville Rose Center

1105 Main Street West, Paynesville, MN 56362
(320) 243-5144 • paynesvilleroosecenter@gmail.com

The ROSE Center purchased and paid for a handicap accessible van last October with money raised from a Dancing with the Stars fundraising event. This has provided the opportunity for affordable handicap accessible transportation for our community as volunteers are the drivers.



SOUTHWESTERN MN

Granite Falls Living at Home/ Block Nurse Program

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

The program had many highlights over the past year. We established the Heart2Heart Café, a memory café, which we operate in conjunction with the Senior Advocate at the Granite Falls Senior Center. We supported one of our volunteers in becoming a certified REST volunteer respite care trainer. We have held one 8 hour REST class, training 9 volunteers and are planning our second class in November. Our program director, Mary Ims, along with one of our volunteers became Dementia Champions. They have conducted a number of Dementia Friends training sessions, targeting home health aides, Long Term Care CNAs, caregivers and LAH/BNP volunteers. Additional sessions are being planned. We also added Diabetic Education to our “Suite” of Evidence Based classes and continue providing our core services including Assisted Transportation.



SOUTHEASTERN MN

Healthy Seniors of Steele County

2255 30th St NW, Owatonna, MN 55060
(507) 446-3135 · edna@hsscprogram.org

Healthy Seniors of Steele County has been referred to as a ‘Jewel In Our Backyard’ by Becky Dawley caregiver to her father Lloyd, 99 years young. Healthy Seniors of Steele County has been coordinating 20 hours of volunteer respite services weekly so Becky can continue to work as one of two of the first women to hold a Vice President position at Federated Insurance Company.

Pine Island Area Home Services Living at Home/Block Nurse Program

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



PINE ISLAND AREA HOME SERVICES -
SENIOR FITNESS DAY

Pine Island Area Home Services offered a new service during 2016. A Matter of Balance, a researched and evidence based program was completed by 12 clients. The response was great and the program will be offered again this fall.

TWIN CITIES MN

Como Park/Falcon Heights Living at Home/Block Nurse Program

1376 Hoyt Ave West, St. Paul, MN 55108
(651) 642-1127 • director@comobnp.org

An example of our service is weekly homemaking services to a widow in her early 80's with significant vision loss. She recently was diagnosed with lung cancer. During her treatments, she was able to use no-cost rides to and from her radiation appointments when her family was not able to get time off of work. After her treatments, she wanted to start exercising again. A specially trained volunteer was able to be an "exercise buddy" and cheer her on.

East Side Elders

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

East Side Elders saw an increase in the number of clients served during the grant period: from 130 to over 570. This was due in part to the success of the Elder Café, a monthly event featuring a speaker and a nutritious meal, as well as an increase in the number of volunteers to provide the necessary services. East Side Elders also expanded its service area to include Dayton's Bluff, Payne-Phalen and Conway-Battle Creek, essentially covering 1/3 of the City of Saint Paul.

Hamline Midway Elders

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



HAMLIN MIDWAY ELDERS

The Board of Directors and staff engaged in strategic planning in the summer of 2016 to develop an expansion plan for 2017. We have begun this expansion by creating and hiring a new part-time staff, conducting targeted outreach in the newer part of our service area (western edge of the Frogtown neighborhood), and developing new programming (e.g. knitting group, walking club, community dinners).

Highland LAH/BNP

2076 St. Anthony Ave., St. Paul, MN 55104
(651) 696-8425 • paulaf@ourladyofpeacemn.org

Highland Block Nurse Program has increased its visibility in the community by adding monthly outreach events at places where elders live or congregate. Recent new sites include the Jewish Community Center, the Highland branch of the St. Paul Library and Wilder Park Towers. This makes 9 current sites where the program builds relationships and connects with neighborhood residents on a monthly basis.

Keystone

265 Oneida, St. Paul, MN 55102
(651) 298-5493 • timagee@keystoneservices.org

Keystone expanded its support to seniors requesting assistance with managing their health care through our Health Advocacy Services. Health Advocates provide coordination, transportation, advocacy during appointments, and follow-up after appointments to seniors who require the assistance and don't have family to provide it.

Longfellow Seward Healthy Seniors

2800 East Lake Street, Minneapolis, MN 55406
(61) 729-5799 • maryalbrecht@lshealthyseniors.org

Longfellow/Seward Healthy Seniors held a spring and fall senior art class series during 2017. Both series were entitled "Coloring, It's Not Just for Kids Anymore" and included classes on stained glass coloring paper, mandala designs, famous artists, florals, geometrics and animals. We started a Tai Chi Easy exercise class and added a ninth location for our "Nurse is In" Clinics at the American Indian Center. We designed a new logo and brochure and updated our website as well.

Neighborhood Network for Seniors

1895 Laurel Ave., St. Paul, MN 55104
(651) 646-2301 • mpbnp@mtn.org

The Neighborhood Network for Seniors has successfully expanded our programs and services to reach more seniors in new geographic areas, including the Summit-U and Mac-Groveland neighborhoods. We have hired our first Outreach Coordinator to work specifically with the African American communities in our service area.

TWIN CITIES MN

Nokomis Healthy Seniors

4120 17th Ave South, Minneapolis, MN 55407
(612) 729-5499
melliasen@nokomishealthyseniors.org

As an example of service provided, Patty and Joe Smith (not real names) are a married couple who have been associated with Nokomis Healthy Seniors (NHS) for years. They started out serving as volunteers (Patty served on the NHS board) and are now active participants. As Joe's dementia has progressed, Patty has not been able to volunteer as she is Joe's main caregiver. They often attend exercise classes and events, and Patty attends our monthly caregiver support group. A volunteer provides one-on-one respite for Joe while Patty participates in the support group, something for which Patty is very grateful. Coming to NHS events is often the only time Patty is able to socialize. Patty and Joe are a good example of participants who are receiving more than one service from NHS, which is becoming increasingly common.

Northeast Seniors for Better Living

1961 Sherwood Avenue, St. Paul, MN 55119
(651) 808-1901 · neseniorsforbetterliving@gmail.com

NE Seniors for Better Living at Home offers, as part of the program, a memory café for social interaction for persons with memory loss and their care givers two times per month. Following the conclusion of the hour-long encounter, NE seniors for Better Living provides a free hot lunch to the participants. They offer a senior social club encounter after the free lunch, with structured activities such as education encounters, field trips (transportation provided), cultural activities to visit various offerings in the Twin Cities area, local entertainment, theme parties and socials (ice cream socials, holiday themed events, etc.), craft projects and instruction and more.

North End South Como Block Nurse Program

727 Front Ave #118, St. Paul, MN 55103
(651) 487-5135 · nescbnp@gmail.com

The neighborhood seniors asked for more ways to stay strong and healthy. We answered by adding more exercise classes and other physical/mental health and wellness opportunities. Class attendance is "through the roof" resulting in happy, healthy seniors able to continue living in their homes or apartments.

Southeast Seniors, A Living at Home/Block Nurse Program

2828 University Avenue SE, Suite 200
Minneapolis, MN 55414
(612) 331-2302 · marji@seseniors.org

Southeast Seniors was honored to receive the Outstanding Community Partner Award for 2016 – 17 from the University of Minnesota Center for Community Engaged Learning. The award was in honor of the organization's dedication and commitment to supporting students, faculty and staff engaged in service-learning. Lydia McAnerney, Volunteer Coordinator, developed the Connection Club providing opportunities for university students and older adults to connect and share life stories, activities, and life perspectives with each other.

St. Anthony Park Area Seniors

2200 Hillside, St. Paul, MN 55108
(651) 642-9052 · office@SAPASeniors.org

St. Anthony Park Area Seniors has had another exciting year. Some highlights were offering a new neighborhood event, offering foot care through an independent contractor, becoming a partner with Aging Eyes Initiative through the State Services of the Blind, and offering poetry writing workshops with a Creative Enterprise Zone winner. The most significant as well as the most difficult thing we accomplished this year was to achieve the Department of Human Service's enrollment status for the elderly waiver program. Another significant project that we completed was earning the Charities Review Council "Meets All Standards" Seal.



CONTACT INFORMATION:

MARY QUIRK, LAHN EXECUTIVE DIRECTOR
(651) 649- 0316 · DIRECTOR@LAHNETWORK.COM