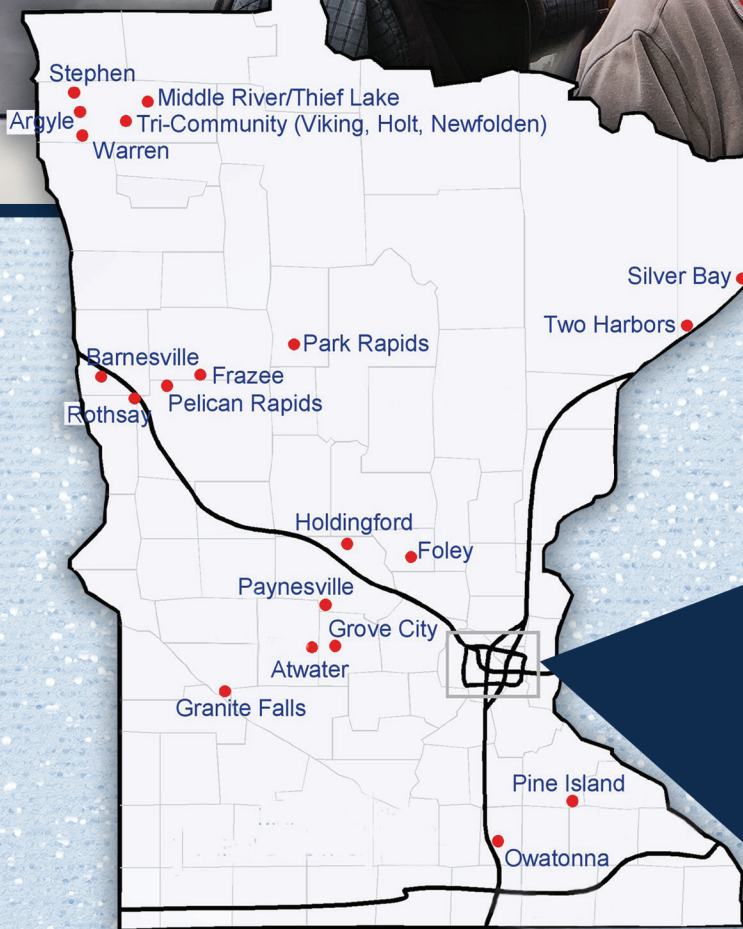


JULY 1, 2018 - JUNE 30, 2019



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

St. Paul

Como Park
East Side
Hamline-Midway
Highland
Neighborhood Network for Seniors
North East
North End-South Como
St. Anthony Park
West Seventh

Minneapolis

Longfellow/Seward
Nokomis
Southeast

Service Overview

10,008
PEOPLE SERVED

3,127
VOLUNTEERS

90,010
VOLUNTEER HOURS

158,000+
MILES OF VOLUNTEER
TRANSPORTATION

ABOUT THE LIVING AT HOME NETWORK

In rural and urban communities across Minnesota, Living at Home/Block Nurse Programs (LAH/BNP) are passionate about helping older adults maintain a healthy, safe, and independent life at home. The first program began in St. Paul in 1981 and was so successful that the model quickly spread across the state. Each one of the 32 programs in the Living at Home Network (LAHN) is driven by community residents who care deeply about aging well in the community. The programs raise funds from local individuals, businesses, events, and grants, and many receive state funding from the MN Department of Human Services.



SOUTHEAST SENIORS VOLUNTEER VISITING

As members of the LAHN, the programs share common guiding principles that include:

- Governing by community residents within defined geographic boundaries
- Fostering neighbor-to-neighbor expressions of caring and friendship
- Prioritizing quality comprehensive health, social, and support services for older adults
- Providing services based on need rather than ability to pay
- Conducting regular and proactive outreach in the community.

In 2018-2019, LAHN assisted member organizations by:

- Creating opportunities to learn best practices from one another
- Being a resource for operational questions and providing sample program documents
- Securing liability and property insurance at a group rate
- Coordinating nonpartisan, legislative advocacy for state funding available to members.

2019 LAHN Board Members

- **Chris Bernard**, Helping Hands Outreach Board Member
- **Sharon Bring**, Marshall County Commissioner and Tri-Community LAH/BNP Board Member
- **Judith Dumke-Emery**, Rothsay PARTNERS Board Member
- **Sandra Grennell**, Pine Island Area Home Services LAH/BNP Program Director
- **Teisha Magee**, Keystone Community Services Senior Program Supervisor
- **Bob Meyerson**, Harvest Bank Chairman and Atwater Area Help for Seniors Board Member
- **Marji Miller**, Southeast Seniors Executive Director
- **Zach Pederson**, Associate, Thrivent Private Equity
- **Trish Robinson**, Best Buy Senior Director of IT Sourcing
- **Sally Sawyer**, Southeast Seniors Volunteer
- **Mike Schendel**, Stephen LAH/BNP Board Member and Pastor of First Lutheran Church of Stephen
- **Greg Von Arx**, Recover Health CEO

Thank You 2018-2019 LAHN Donors

Conference Sponsors

- AARP Minnesota
- ClearCaptions
- Consumer Directions
- Cummings Mobility
- Dose Health
- Harvest Bank
- Recover Health
- St. Croix Hospice
- Sally and Tim Sawyer
- UCare

Grants & Matching Gifts

- Rosendo and Charlotte Elizondo Charitable Foundation
- Allan and Margaret Moore Family Foundation
- Metropolitan Area Agency on Aging
- Thrivent

Donors

- Susan and Brian Anderson

- Anonymous
- Chris Bernard
- Judith Dumke- Emery
- Jeff Fromm
- Dan Gabbay
- Hamline Midway Elders
- Kimberly and David Larson
- Ella Meyerson and Matt Leichter wedding gifts
- Bob Meyerson
- Marji Miller

- Mary Quirk
- Zach Pederson
- Trish Robinson
- Sally and Tim Sawyer
- Mike Schendel
- Greg Von Arx
- Helen Wooley

Annual Report In-kind

- Recover Health (Copying)
- Michaela McCue (Design)

2018 – 2019 LIVING AT HOME NETWORK PROGRAM HIGHLIGHTS

CENTRAL AND SOUTHWESTERN MN

Atwater Area Help for Seniors

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

Sally and Vern are very private people who live on an isolated farm 5 miles from town and 1 mile from their nearest neighbor. They have no children, and other family members are 1½ hours away. After Vern lost his driving privileges, he was suddenly unable to get to his cancer treatments. A discharge planner told him about our program and called us to drive him to medical appointments. Soon we were driving him to grocery shop and pick up medications. Later, our volunteers also began helping with things on their farm. When Vern became hospitalized, Sally—who had never driven—was alone and needed rides to visit him 20 miles away and help with grocery shopping and errands. She began building friendships with our drivers and staff; they were her only contact most days. With our assistance, this couple lived in their rural home another 1½ years longer, before moving to a long-term care facility.

Foley Area C.A.R.E

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

The C.A.R.E. Program (Community Action Respecting Elders) assists seniors throughout Benton County and surrounding rural areas to live in the home of their choice and provides services to enhance their quality of living. A family member recently sent a card thanking us and our volunteers for the services we provided her mother, including rides to the doctor, dentist, and grocery shopping, because they enabled her to stay in her home and be independent. Because of our services, she never needed a nursing home or aid from state funded programs, and she remained in her home until her passing at age 94.

Granite Falls LAH/BNP

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



GRANITE FALLS BUILDING BRIDGES MEMORY CHOIR

This past year, we continued providing core direct services such as assisted transportation and respite care. We also continued our focus of providing meaningful social and educational events such as our Memory Café, Memory Choir and evidence based courses. In addition to our Caregiver Support Group, we added a monthly Diabetic Support Group.

Grove City Area C.A.R.E. Living at Home Program

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

A rural woman was receiving services from our program because she was having cancer treatments. Eventually, Ecumen hospice was in place and her only wish was to remain at home until her passing. Thanks to the Care Program and Ecumen home care and hospice, she was able to do so in the loving hands of her husband and daughter. It was such a beautiful example of how Living at Home Programs can help fulfill a person's wishes.

Helping Hands Outreach

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

In addition to our other services, we continue to provide two community meals a week and two monthly lunch-and-learn programs. These meals are a gateway to building relationships with our seniors. The number of people attending continues to increase. In the last year, we served 2,616 meals.

Paynesville Rose Center

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

This past year, a man who was very involved with our program for years fell and ended up in the hospital. His health was stable, but he couldn't walk. We were able to transport him to several doctor appointments and to his grandson's graduation party with our handicap van so he could spend this time with his family. Several days later, he died. We were so pleased to have helped the family enjoy one last day together.

NORTHWESTERN MN

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

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



ARGYLE EXERCISE CLASS

As a new community connection, we partnered with the local group home to have their clients deliver Meals on Wheels.

Middle River-Thief Lake LAH/BNP

120 2nd St. S., Middle River, MN 56737
(218) 222-4466 • mrtllahbnp@wiktel.com

Our program has continued providing transportation for medical appointments – going as far as 500 miles roundtrip for seniors needing specialized care. Every February we present a much-anticipated variety show for our seniors, showcasing local musicians and raffling off prizes.

Stephen LAH/BNP

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

It's very rewarding to keep seniors at home, safe, active and happy for as long as possible. It's always bittersweet when someone needs to move to a nursing home, but we know we've enriched their quality of life. We continue to offer educational and fun activities, including the flu shot clinic, foot care, Heart to Heart, falls prevention, and a health, wellness and information fair. An informational event with

ice cream was held to continue inter-generational activities with high school kids helping with technology, mainly smart phones! A lot of laughter and some new Facebook posts were generated.

Tri-Community LAH/BNP

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

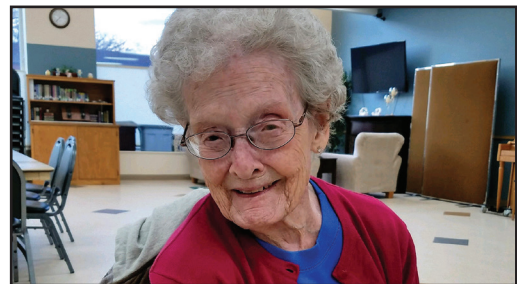


TRI-COMMUNITY OUTING

An ongoing, intentional focus on overall wellbeing of elders, community members and caregivers is reflected in the services and offerings of our program, including service coordination, health promotion, lifelong learning/social enrichment, friendly visiting and more. We also made a renewed evaluation effort to regularly review, update, modify and/or add service and activity offerings to ensure our mission is being effectively carried out in what we do day to day and person to person.

Warren S.O.S.

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



A YOUNG 103 YEAR OLD FINISHES WARREN
TAI JI QUAN CLASS

This has been a year for success and growth. We achieved 501(c)(3) status and were awarded a State of Minnesota Live Well at Home Grant. We expanded our service area to reach residents who reside in the cities where there is a gap of service providers in Alvarado and Oslo, MN which is 17 miles from Warren, MN. A part-time outreach coordinator was hired and established in each community. Two of the program's registered REST trainers trained six new volunteer caregiver companions to provide services to people living in northwestern MN.

WEST CENTRAL MN

Barnesville Area LAH/BNP - Helpers

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

We had a very busy year implementing the Dementia Friends campaign. The Action Team met most of our initial goals and are adding more as we move forward. We're speaking to many groups, learning more about the impacts of dementia, and making many new friends along the way!

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've focused on socialization to reduce loneliness and isolation. We held several youth/elder events during which they tell each other stories and visit about what life was like when the elder was a child and likewise what life is like now for the youth growing up in an ever-changing world. We're also working on becoming a Dementia Friendly Community.

Neighbor to Neighbor LAH/BNP for Frazee and Vergas Elders

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



FRAZEE VOLUNTEERS HELP WITH MOVE

We had a client who was chronically ill and needed to move to Sartell, MN to be closer to her hospital and doctor for daily treatment. We were able to prevent her placement in a nursing home by finding 15 volunteers to help her pack and transport her belongings to her new apartment within a week at no cost to her.

Pelican Rapids OAKS

215 East Mill Avenue, P.O. Box 225
Pelican Rapids, MN 56572

(218) 863-1515 • Maggie.driscoll@knutenelson.org

Our great community support contributed to another successful year. We continued to provide core services and focused on health and wellness. Staff and volunteers participated in multi-cultural meetings and the Friendship Festival, which promotes and celebrates diversity in Pelican Rapids. Staff also participated in informal get-together sessions to learn some of the different languages spoken in our community. We increased our outreach and promoted our loan closet, and there was a significant increase in short-term use of the walkers and wheelchairs.

Rothsay PARTNERS

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

Respite care was provided for over nine months for the husband of a woman who has Alzheimer's. We scheduled volunteers so the husband was free two afternoons a week. We also provided meal delivery three times a week and some chore services for a 90 year old who has macular degeneration and some dementia. We're working with her family as they process and prepare for the needed transition to a care facility. Our medical equipment loan closet (donations from caring community members) was used so often this past year it felt like a revolving door. We were thanked numerous times by the many who saved the cost of purchasing or renting the equipment.

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

We're constantly trying to grow to meet the increasing needs of older adults in our area. We expanded our Volunteer Coordinator position and hired a Program Assistant. We also implemented a new Grocery Delivery Program in early 2019. One participant recently said he couldn't live in his home without our volunteers' help with rides and shopping.

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 eastern Lake County. Coordinating volunteer drivers for transportation to medical appointments is the most frequent service provided. Volunteers also provide companionship and help with chores and other household tasks. We offer ongoing caregiver support and respite, in addition to a variety of educational opportunities geared towards older adults. In response to an identified gap for home care services in our area, we recently obtained a 245D license that enables us to offer homemaking and personal care assistance.

SOUTHEASTERN MN

Healthy Seniors of Steele County

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

Mary Lou's daughter called us in 2011 to help with her mom because she lives 45 miles away. We matched Mary Lou with a couple who are senior companions and had worked for the same company as her deceased husband had for 30+ years. They enjoy visiting Mary Lou each week, running errands for her, and helping with chores and yard maintenance. Mary Lou has said many times that she wouldn't be able to continue living alone in her own home without the help and support of our organization.

Pine Island Area Home Services LAH/BNP

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

We installed five Knox Boxes for the safety and security of our clients in collaboration with the Pine Island Fire Department. Our proactive approach to maintaining health and fitness through our exercise programs continues to be well attended in Pine Island and Oronoco. Staff members were trained as leaders in "Matter of Balance" and we are currently providing a session for our clients. Our oldest client currently is 104 years old and doing well on her own. She drove to our fall flu shot clinic. She is an inspiration and a testimony to our program and to the community that supports us as we support the elderly.

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

Our program is rooted in the community and committed to reaching all seniors in our area. One of our volunteers has gone door to door delivering a printed door hanger that highlights the services we offer, as well as volunteer opportunities. We've received many calls for services (especially from caregivers) along with new volunteers from the door-to-door campaign.

East Side Elders

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

We hold a Wellness Wisdom program at the Elders Lodge, a Native American independent living community, which has resulted in measurable improvements in the residents' overall health and mental wellbeing. The program was developed with the community's cultural and spiritual traditions, and we work with Fairview East Side Health and Wellbeing Collaborative. Several residents have participated in healing ceremonies, and the sharing of sacred medicines such as thyme and cedar, are regular activities. We and our volunteers also provide transportation, legal clinics, housekeeping, yardwork, resources and referrals.



EAST SIDE BINGO

Hamline Midway Elders LAH/BNP

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

In the past year, we assisted an older adult we've known for many years who was taken advantage of and experienced a sudden financial crisis. A process to help her move forward involved us, her faith community, a new power of attorney, our volunteers, nearly daily reassurance calls, her out-of-town family, mental health referrals, her primary doctor, local friends, Department of Commerce, legal support, law enforcement, food support, a state Medicare subsidy, and more. She is progressing toward a more stable environment, and authorities are holding the responsible parties accountable.

Highland Block Nurse Program

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

Due to our volunteers providing many rides to a couple in their late 80's to appointments, stores, and social events, they are able to continue living in their home. Each month the couple sends a donation to support our work and a thank you note praising the helpful volunteers. Family members who previously had to take off work to provide transportation are also very grateful.

Keystone Community Services

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



KEYSTONE GALA FUNDRAISER

We received a referral from the West 7th Pharmacy for a customer of many years named Frank. The low-rent second floor apartment Frank lived in was poorly maintained by the landlord and accessible only by a narrow, steep flight of stairs. Frank has serious COPD, needs oxygen, and was having a very difficult time getting to and from his apartment. We helped him tour senior apartments, complete applications, and arranged help to pack and move his belongings. During the process, a staff member, Holly, also helped him apply for state waiver programs so he'd qualify for reduced rent and in-home services. We continue to serve Frank through services such as Meals on Wheels, and he has said that Holly saved his life.

Longfellow/Seward Healthy Seniors

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



HOLIDAY PARTY FUN AT LONGFELLOW/SEWARD

We worked with a Somali cultural consultant and two Somali adult day centers to plan for providing enhanced services to Somali elders starting this fall. We sponsored monthly "Nurse Is In" clinics at eight community locations, including sites where Somali, Native American and Asian seniors congregate. We provided nursing, health promotion, outreach and volunteer services to 618 seniors and caregivers in south Minneapolis. In addition, we provided monthly Senior Social/Health Talks, diabetes support group, Tai Chi exercise, and therapeutic art classes such as watercolor painting.

Neighborhood Network for Seniors

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



NEIGHBORHOOD NETWORK EXERCISE CLASS
ALSO LUNCHESES TOGETHER

Since experiencing changes in our organization this past year, including new staff, we're collaborating more closely with local organizations and district councils on events and outreach. In addition, we initiated new educational events in our service area.

Nokomis Healthy Seniors Program

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



NOKOMIS HEALTHY SENIORS

We significantly increased the number of one-on-one grocery shopping trips in the last year, giving seniors the flexibility to be along and pick out exactly what they want.

North East Seniors for Better Living

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

We continue to provide a combination of professional and volunteer support services, including transportation, home safety checks, friendly home visits, care coordination, referrals and home maintenance. We also continue group wellness programs/health promotion, social gatherings, community outings, and host a Memory Café. This year we assisted a woman in her 80's who lives at home with her daughter who is in her 60's by installing a raised toilet, safety grab bars and improved lighting in their bathroom. We also helped connect them with other community resources, and they now have stable food security and medical transportation and rides to our activities and classes. Both women now volunteer with our program.

North End-South Como Block Nurse Program

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

In the past year we made more than 2,800 health promotion contacts, which included exercise classes, blood pressure clinics and monthly health/wellness programs. We are very excited that our "Give Seniors a Lyft" program took off this year. Seniors can come to us if they need a ride, and we will schedule one for them. For clients who are not always able to pay, we raised ride money by coordinating a fundraiser. We also partnered with community organizations to connect with more seniors in our service area, such as Jewish Community Services, Gifts for Seniors, Vision Loss Resources, Senior Linkage Line/MAAA and many more.

Southeast Seniors

2828 University Ave. SE, Ste 200, Minneapolis, MN 55414
(612) 331-2302 • info@seseeniors.org

One of the people that we are helping is Ly, a refugee from the Vietnam War. She has no family caregivers and very limited use of the English language. Our outreach nurse has helped her manage her medications, advocated for her, accompanied her on visits to the doctor, coordinated her care, and been someone she can count on for support. Without our services, Ly would not be able to continue to live independently in her subsidized housing complex.

St. Anthony Park Area Seniors

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

We enjoyed another terrific year connecting seniors and volunteers to provide support and keep our community strong. Highlights included offering a new breakfast series for caregiving pairs, a new fee-for-service handyman, and outings to the University of MN Bell Museum and the Feed My Starving Children organization, in addition to lunch outings. During the year we added 40 new volunteers and 168 new participants. One participant commented that he wouldn't be able to stay in his home without the support he receives from our organization.

All client names have been changed for confidentiality.



CONTACT INFORMATION:

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