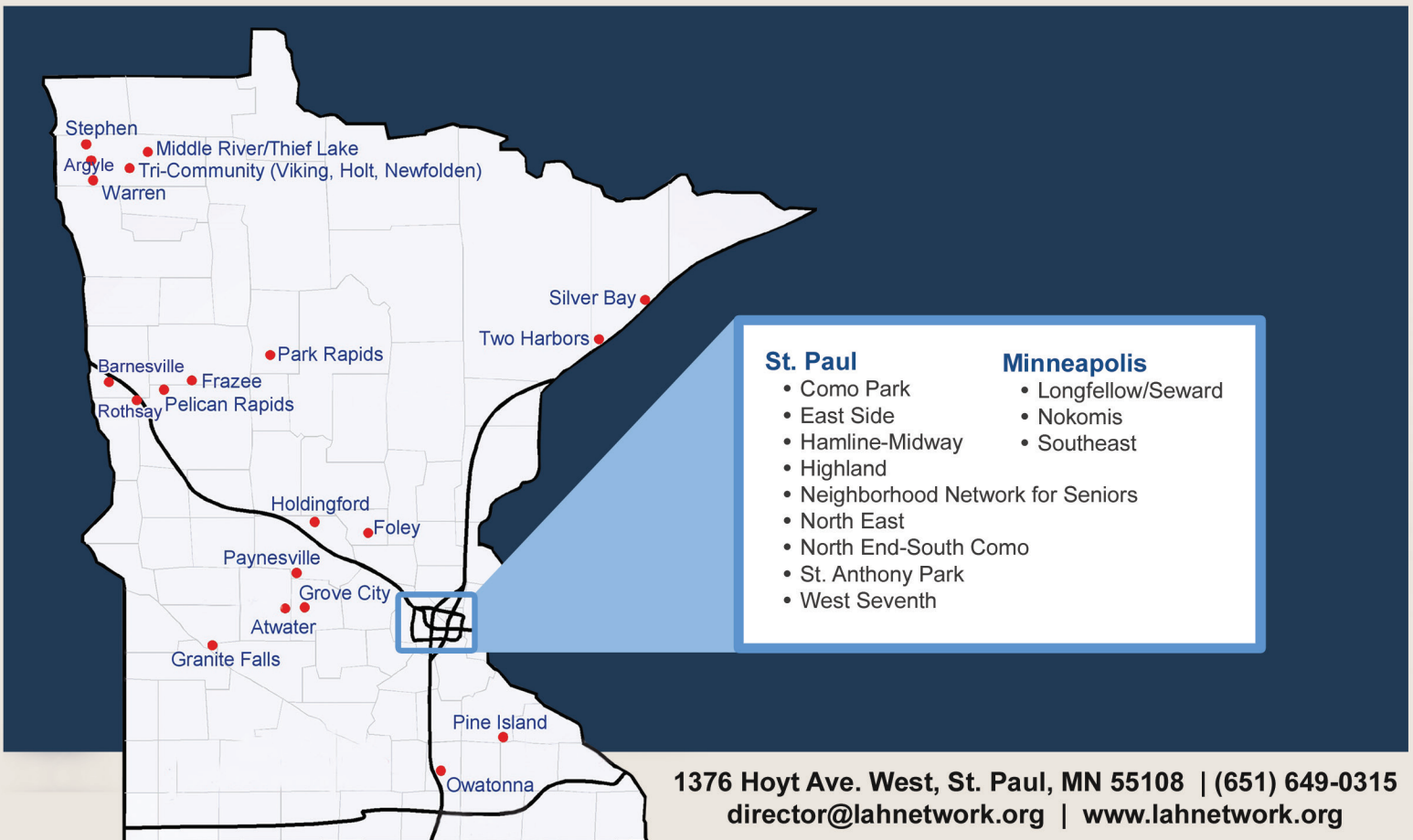


LIVING AT HOME NETWORK

2021 ANNUAL REPORT (JULY 1, 2020 - JUNE 30, 2021)



The Living at Home Network is 32 independent, non-profit, community-held programs across Minnesota that rely on volunteers and community resources to help older people stay healthy and safe as they live independently at home.



1376 Hoyt Ave. West, St. Paul, MN 55108 | (651) 649-0315
director@lahnetwork.org | www.lahnetwork.org

MOVING FORWARD WITH OUR CORE APPROACH TO SERVING

The 32 member programs of the Living at Home Network (LAHN) have helped older adults navigate the coronavirus (COVID-19) pandemic through creative outreach that reduces the social isolation from coronavirus restrictions, gets needed food and supplies into the home and provides rides and other assistance older adults need. Programs co-hosted COVID vaccine clinics and helped clients overcome online sign-up and transportation barriers to being vaccinated. They also creatively addressed fundraising challenges, such as seeking support from unexpected sources who saw the importance of their work during a pandemic crisis. Member programs keep moving forward by maintaining their core approach to serving community.



BLOOD PRESSURE CHECK HOSTED BY ST. ANTHONY PARK AREA SENIORS

Between July 1, 2020 and June 30, 2021, LAHN members served 8,560 older adults. A total of 2,154 volunteers delivered more than 54,000 hours of service.

Members raise funds from local individual, organization and businesses contributions; MN Department of Human Services, Area Agencies on Aging, grants and events.

2021 LAHN Board Members

- **Sharon Bring**, Marshall County Commissioner and Tri-Community LAH/BNP Board Member
- **Joe Christensen**, Board Member, Holdingford Helping Hands
- **Judith Dumke-Emery**, Rothsay PARTNERS Board Member
- **Sandra Grenell**, Pine Island Area Home Services LAH/BNP Program Director
- **Deade Johnson**, Volunteer, Two Harbors Community Partners
- **Teisha Magee**, Keystone Community Services Senior Program Supervisor
- **Bob Meyerson**, Harvest Bank Chairman and Atwater Area Help for Seniors Board Member
- **Marji Miller**, Former 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**, Retired CEO, Recover Health

Thank You 2020-2021 LAHN Donors

Funders and Sponsors

- Anonymous Donor/ BMO Charitable Gift Fund
- Coverys Community Healthcare Foundations, Inc.
- Harvest Bank
- North Risk Partners
- Metropolitan Area Agency on Aging
- Recover Health
- St. Croix Hospice
- UCare

Donors

- Mary Albrecht
- Susan and Brian Anderson
- Anonymous
- Joseph Christensen
- Jim Drake
- Judith Dumke-Emery
- Tom Fitzpatrick and Janet Heirigs
- Jeff Fromm
- Diane Graham Raff
- Donna Geneck
- Sandra Grenell
- Kimberly and David Larson
- Bob Meyerson
- Marji Miller
- Sherilyn Moe
- Sherry Munyon
- Mary Quirk
- Sally and Tim Sawyer
- Mike Schendel
- Greg Von Arx
- Joseph Wegner
- Helen Wooley

COMMITTED TO A MODEL OF NEIGHBORLY CARING

Each LAHN program is driven by community residents who care deeply about aging well in the community. LAHN programs share common guiding principles, which include fostering neighbor-to-

neighbor connections of caring and friendship, being governed by community residents within defined geographic boundaries and providing services based on need rather than ability to pay.

MESSAGE FROM LAHN EXECUTIVE DIRECTOR MARY QUIRK

As I end my time as Executive Director of the Living at Home Network, I do so with much pride and admiration for how programs weathered an unpredictable and challenging 2020/21 and creatively moved forward to help keep seniors safe, healthy and active in communities throughout Minnesota.



Before I seek new beginnings in retirement, I want to thank you for the opportunity to have served a wonderful organization and a network of amazing programs making a huge difference in the lives of Minnesota seniors.

And, I'm excited to report the news that LAHN recently received a national Community Care Corps grant for program expansion. In the coming year, LAHN will work to start a new network program in northwestern Minnesota and the Holdingford Helping Hands program will expand to include a new community in central Minnesota. There are great things ahead for the network and its member programs, so stay tuned! Please join me in welcoming the new Executive Director, Katie Boller Gosewisch.

2020 - 2021 LIVING AT HOME NETWORK PROGRAM HIGHLIGHTS

CENTRAL AND SOUTHWESTERN MN

Atwater Area Help for Seniors

126 4th St. N., PO Box 64, Atwater, MN 56209
(320) 974-8737 · lahbnp@frontiernet.net

Early in the pandemic, we asked several of our age 90+ former volunteers to help make the routine check-in phone calls to our seniors. It has been a good way to keep them connected as well as giving them the joy of contributing volunteer hours for our program.

CARE (Community Action Respecting Elders)

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

We service Benton County, an area reported to have severe food insecurities during the pandemic. Using only 4 part-time staff and many caring volunteers, we quickly responded by distributing over 146 tons of food in the community, including delivery to rural homebound seniors. We learned that some rural seniors needed help prior to the pandemic, but were afraid to ask. We delivered personal care items, medication and food to over 70 clients each month. Moving forward, homebound service delivery must continue. One senior commented, "CARE helps me be an independent senior and that makes me feel good."

Granite Falls LAH/BNP

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



FACE MASKS SEWN BY GRANITE FALLS VOLUNTEERS

During the past year, volunteers sewed face masks and the program distributed them. We have helped people navigate the vaccination process. More clients are requesting information about public assistance for food and services. During a summer heat wave, we helped a new client who has lung and heart issues to acquire a room air conditioner paid for by a local foundation.

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

We handed out Care Bags to those clients homebound from the pandemic. Little things like snacks, puzzles, Grove City history and other learning items really gave people a sense of joy and togetherness. Delivering the bags gave us a sense of connection and a chance to visit, in the doorway, for a short time. The older adults would call and send notes of gratitude, and they looked forward to that time of the month when we delivered the bags. We are getting through this pandemic together.

Helping Hands Outreach

531 Main Street, PO Box 293, Holdingford, MN 56340
(320) 746-9960
carol.lundquist@holdingfordhelpinghands.org

We are honored that Helping Hands has been a blessing for Shirley, allowing her to stay in her house as long as she has. Shirley is 92 years young.

Paynesville Rose Center

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

After delivering a surprise gift basket, this thank you sums up the appreciation we heard during the year:

“Rose Center, Thank you so much for all that you do for the seniors in this community. When I saw the surprise bag of goodies, it was the highlight of my day. It’s so nice to know that people still care and are kind. Thank you!”

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 RESIDENT IS HONORED AS AN OUTSTANDING MARSHALL COUNTY SENIOR CITIZEN

We purchased an iPad so we could set up FaceTime connections between clients and their families. It really made a difference seeing family members and put smiles on their faces.

Middle River-Thief Lake LAH/BNP

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



PICNIC IN THE PARK, WITH LIVE ENTERTAINMENT, HOSTED BY MIDDLE RIVER-THIEF LAKE

We helped with two COVID-19 vaccination clinics and drove clients to the clinics. We received thank you cards from seniors for going the “extra mile.” People are so thankful for our library, which we kept open during the pandemic. Because of our thorough cleaning, people felt safe using the library.

Stephen LAH/BNP

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

We delivered about 300 “Happy Everything” (all holidays) goodie bags to our local seniors around Christmas time. Words of appreciation, thank you cards, phone calls of thanks, and donations all proved we are still a “best kept secret”!

Tri-Community LAH/BNP

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

We found satisfaction in knowing our program helped our elder neighbors alleviate isolation, obtain COVID-19 vaccination and resume socialization.

Warren S.O.S.

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



FANNY PACKS WITH COVID-19 SAFETY SUPPLIES
GIVEN BY WARREN S.O.S.

During the pandemic “stay at home order” we created new and special projects to support and comfort the aging population in rural Northwest MN. We sought out funders to help us purchase adult coloring books, an iPad with cellular, adult trikes, fanny packs and COVID-19 safety supplies. These special projects were well appreciated and helped the elders we serve to better cope and decrease their social isolation, depression, and loneliness.

WEST CENTRAL MN

Barnesville Area LAH/BNP - Helpers

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

The importance of our work is illustrated by a card we received: “Thank you so much for the use of the wheelchair! It’s so wonderful living in a community that has such caring, helpful people, as you all are, in helping meet the needs of those who need it.” David and Carol

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

Even during a pandemic, we served over 200 seniors by mobilizing 44 volunteers who gave 2,130 hours of service and drove 30,059 miles to help area seniors. These numbers are higher than the previous two years! This year, for obvious reasons, we had to pivot many of our activities and services to continue meeting our seniors’ needs. We did it with many tears, compassion and grace. When we dropped groceries off on the front step and waved through the window, we still saw smiles and had lots of air hugs. Seniors in our community are resilient and happy because of our staff and volunteers going the extra mile.

Neighbor to Neighbor LAH/BNP for Frazee and Vergas Elders

405 W. Maple Ave., PO Box 141, Frazee, MN 56544
(218) 334-3559 · N2Ndirector@gmail.com

During the height of COVID-19 restrictions, we coordinated with the Farm to Family food program and several local non-profits to use our volunteers to set up a distribution site at our building in Frazee. We were able to serve over 70 seniors in one day.

Pelican Rapids OAKS

215 East Mill Ave, P.O. Box 225, Pelican Rapids, MN 56572
(218) 863-1515 · Maggie.driscoll@knutenelson.org

We made a few changes to handle elders’ requests during COVID-19 and the numbers show we were successful in meeting their needs. Our newest Walk Through the Park event is all about health and wellness. Participants told us they would not get out and walk if we did not have such outings. While getting exercise, they enjoy the beauty of the parks and the socialization after the walks.

Rothsay PARTNERS

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

Memorable experiences from the last year:

- Spending 5 hours with a client in the emergency room who was suffering from a tooth infection. The family was unavailable and so thankful we could help out.
- Coordinating volunteers to provide respite care twice a week for a 66-year-old woman with a degenerative disease, helping to relieve some of the hardship the family is facing. Family and community have witnessed this caring and shown their support financially to our program.

NORTHEASTERN MN

Community Partners-Two Harbors LAH/BNP

417 South Ave., PO Box 327, Two Harbors, MN 55616
(218) 834-8024 • info@communitypartnersth.org

Getting our participants signed up for the limited number of COVID-19 vaccination slots was a critical piece of helping them stay safe this past year. Many of our elders struggled with the technology required and other hurdles in making a vaccine appointment. Anxiety and frustration was high so we stepped in to work the phones and the online system to get as many as we could signed up. Then we made sure they had transportation to the vaccination site. It was very rewarding to see the anxiety melt away as they got their vaccines and started to feel more safe!

North Shore Area Partners – Silver Bay

36 Shopping Center Road, Silver Bay, MN 55614
(218) 226-3635 • director@nsapartners.org



VOLUNTEERS ASSEMBLING MAY DAY BAGS FOR DELIVERY BY NORTH SHORE AREA PARTNERS

In late 2020, as we waited for COVID-19 restrictions to ease (and waited for our new location to be RE-renovated due to smoke damage from a building fire), we focused our energy on our recently licensed homemaking program. Demand for in-home care had increased rapidly during the pandemic, and we hired 5 new home health aides and served 55 clients over the 12 months. One of our inspiring clients is a 102-year-old who survived COVID-19 and a broken hip and is still happily and independently living in her own home!

SOUTHEASTERN MN

Healthy Seniors of Steele County

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

We were honored to receive this note of appreciation: “I want to thank you for the amazing work that you do in our community. After my mother passed away, my father got by until he fell twice in his home. We reached out to you for help and within a few days you had arranged for your Health & Wellness Coordinator to come into his house to do fall prevention exercises. He looks forward to Mondays with her as his ‘workout day’ and it has paid huge dividends— no more falls in the house. The loneliness of being a widower and the isolation of the pandemic was taking its toll on our dad emotionally. You planned for a volunteer visitor to come to the house. She has been a breath of fresh air in his life. Thank you again for all that you do for the elderly and their families in Steele County.”

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 were awarded the “Organization of the Year 2020” by the City of Pine Island. The city attributed the award choice to our ability to continue services for our clients despite the restrictions and obstacles caused by the outbreak of COVID-19. Despite the challenges, we maintained a group of volunteers who consistently adapted to restrictions and modifications to continue serving area seniors. Outreach activities were added to combat our seniors’ isolation. Clients called and sent cards expressing their gratitude. We touched their hearts and they touched ours.

TWIN CITIES MN

Como Park Falcon Heights LAH/BNP

Como Park Lutheran Church
1376 Hoyt Ave. W, St. Paul, MN 55108
(651) 642-1127 • Office@comobnp.org



BINGO TIME HOSTED BY COMO PARK FALCON HEIGHTS

We have a client who has routinely attended Zoom Meditation. One afternoon she called us to share that she could no longer log on. Our volunteer coordinator sent a message to our technology support volunteer and within 24 hours, that volunteer was at the client's home and solved the problem. IT support is clearly an invaluable program for our organization. This example involved an 18-message exchange, travel, and real-time problem solving, all of which speaks to the success of our outreach.

East Side Elders

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

The Fetch! grocery delivery program reached over 85 seniors each month. We hosted two COVID-19 vaccine clinics, providing vaccination for over 450 community members.



PICNIC HOSTED BY EAST SIDE ELDERS

Hamline Midway Elders LAH/BNP

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

Despite the constraints of the pandemic, our volunteers still provided over 1,180 hours of service to our program in the form of rides, chores, Board service, friendly phone calls, Zoom exercise classes, and more. We kept in touch with our community through e-newsletters, car bingo, a takeaway Italian dinner, print newsletters, co-sponsoring a COVID-19 vaccine clinic, mask distribution, and monthly hot lunch distribution to about 45 seniors.

Highland Block Nurse Program

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



SPRING YARD CLEAN-UP CREW FROM THE HIGHLAND PROGRAM

Our staff and volunteers delivered gift and activity bags to a number of clients, which were happily received during a time of isolation. A major highlight was making the COVID-19 vaccine available to clients, caregivers, volunteers and staff through Our Lady of Peace.

Keystone Community Services

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

Hosting a COVID-19 vaccination clinic was one highlight of our year. Seeing our neighbors in tears as they gratefully received their inoculation was such an incredible experience. The whole event felt like a celebration. Participants were so excited to get the vaccination, to see each other after so many months of isolation, and to have a glimmer of hope that we would get through this.

Longfellow/Seward Healthy Seniors

3131 Minnehaha Ave. Suite A, Minneapolis, MN 55406
(612) 729-5799 • info@LShealthyseniors.org

This year has been a time of recovery and expansion for our program. Our office was destroyed during the Minneapolis civil unrest in May 2020. We had a temporary office location until moving into our new home in December. We had to purchase all new equipment, furniture and supplies. To enhance outreach to Somali seniors in our community, we hired a new Somali Elders Coordinator. We greatly enhanced our food shopping/delivering services, including purchasing food and distributing food from local food shelves and the Nutrition Assistance Program for Seniors.

Neighborhood Network for Seniors

1895 Laurel Ave., St. Paul, MN 55104
(651) 646-2301 • neighbornetworkforseniors@gmail.com

We continued to expand our care package program over the last year, providing gift baskets every other month to more than 70 seniors. The baskets contained donations from local businesses and handcrafted items. These, as well as the free fresh food we provided to some 35 seniors each month, raised spirits and allowed us to reach more seniors living alone.

Some comments we received:

- Thank you for the basket of goodies and activities. It truly brightened my day.
- I cried when the basket was delivered. It means so much to know someone is thinking of me.
- I am so thankful that my volunteer is able to pick things up and bring to them me. I can stay home and be safe.

Nokomis Healthy Seniors Program

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

In a thank you note for the outdoor events we held last year, a client wrote: “Thank you for all the events you do for us seniors. I really enjoyed them all. The pies for Thanksgiving, the gifts and goodies for Christmas and Valentine’s Day. Thank you for all the hard work you do, it is very much appreciated. God Bless, Sandy.”



CAR BINGO HOSTED
BY NOKOMIS HEALTHY
SENIORS

North East Seniors for Better Living

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

Our program made 781 doorstep deliveries of healthy groceries, prepared meals, essential items, personal protective equipment, and at-home activities to the homes of older adults in the community. We co-hosted three COVID-19 vaccine clinics and helped over 500 older adults, caregivers and essential workers get vaccinated, as well as offered transportation to and from the clinics.

North End-South Como Block Nurse Program

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

The biggest challenge for our seniors is isolation and loneliness. Some of our clients received a donation of a robotic cat to keep them company! Because the cat is activated by motion and touch, there is interaction with the senior. They were thrilled with them and within minutes each had named their new “pet.”

We also continued to offer grocery delivery, monthly gift bags and activity packets to keep seniors engaged at home.

Southeast Seniors

22 Malcolm Ave. SE, Suite 125, Minneapolis, MN 55414
(612) 331-2302 • info@seseniors.org

We partnered with a local, family-owned restaurant to provide a home-delivered picnic lunch to 209 older adults and volunteers during the week of Memorial Day. One of the recipients said, “The idea was so generous and sweet. Small things mean so much! Thank you for your kindness.”

St. Anthony Park Area Seniors

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

We worked hard to host a COVID-19 vaccine clinic with the assistance of LAHN partners, Lauderdale City Hall and various groups who spread the word. This vaccine clinic served 330 seniors and caregivers in the area and made people very happy and relieved. We received many compliments including this, “I wasn’t getting anywhere with my clinic as far as getting a vaccine. Then you offered this clinic and it was so convenient and right in my neighborhood!”

All client names throughout this report have been changed for confidentiality.

This Annual Report was made possible by:

- Story highlights submitted by LAHN Network programs
- Design provided by Michaela McCue



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