



Helping Seniors Live Well at Home Southeast Seniors' Annual Report 2013—14

"A Little Help Can Help A Lot." That was one of the quotes from one of the first clients served by Southeast Seniors back in 1988. This still rings true today. For one senior it might be a need for a ride, for another it might be toenails needing to be trimmed, whatever the need Southeast Seniors is here to help.

During our fiscal year of 2013—14, our program served 285 seniors living in Southeast Minneapolis. 38 people were served through Nursing (830 visits); 94 received services from Volunteers (2,972 hours); 75 seniors were served by Coordination of Services (299 hours); and 104 seniors received services through Health Promotion which includes exercise classes (91 classes), blood pressure/Ask a Nurse visits (339 BP checks), and seminars.

21 seniors were kept out of nursing homes due to the variety of services they received from our program.

The funding for our program comes from a variety of sources:
\$33,175 was received from 265 individuals;
\$1,810 was received from four area churches;
\$3,405 was received from memorials and to honor individuals;
\$530 was received from businesses;
\$23,500 was received from grants from the Prospect Park Legacy Fund, The James R. Thorpe Foundation, and The Stevens Square Foundation;
\$22,000 was received from Hennepin County;
\$30,700 was received from the State of Minne-

sota DHS;
\$6,002 was raised through our Celebrate Southeast Annual Spring fundraising event.

Here are what a few people are saying about our services:

"I love my visits from Molly (Fairview Home Care LPN and foot care nurse), she is so kind and caring."

"I recuperated much faster after surgery because of attending Sara's exercise classes."

"Darla Wexler is an angel sent from heaven—the first person that my mother allowed to come into the house and actually help her."

"Judy has been a lifesaver for me. She has arranged several rides for me; helped me get foot care in my home; and helped me get a few repairs made to my old home."

"Our mother benefitted greatly from the many services your agency provided, allowing her to live independently for a much longer time. She valued the friendships and relationships with staff such as Darla and Marji. Her son and I also benefitted knowing she was receiving additional care and support."

"The volunteer drivers are so helpful and gracious. The rides have really made a difference for us. It is so nice to know Southeast Seniors is there to help. They provide so many services."

The Joys of Serving SE Seniors, By Darla Wexler, PHN

For over 26 years I have worked with Southeast Seniors as a nurse. The first 20 years as the Medicare and outreach nurse combined. Presently, I am the outreach nurse and we partner with Fairview Home Care for all other nursing services. I truly wish I had a snap shot of all the wonderful people whom I have met over these many years. I am thankful for all the dear co-workers who have made super comrades as we worked together to provide all the service coordination and volunteer services in addition to the nursing component. The many, many dedicated board members also stand out. What great memories!



Often I come into people's lives and homes when they and their caregivers are very stressed. There usually has been some medical crisis or change and new strategies and approaches are needed to once again thrive at home. Our vision is seniors at home: comfortable, connected, empowered, safe. Referrals come to us via many, many avenues. During our outreach visits, we listen carefully to the person and their caregivers if they can be present. I also evaluate the situation using some standard nursing evaluation formats. Together we determine the greatest barriers to being independent. Often there are rather simple solutions that our social worker can use to help compensate for the things that seem most challenging at the time. Once we identify a plan that seems good to everyone we do our best to help the person and their family get in touch with all the resources that serve our neighborhood. Over the years our program has become very familiar with what is available and what might work well to help the person live well at home.

If it appears that the needs might be paid for by Medicare, I call the person's doctor describing the issues and see if the doctor wants to order home care. Many people are managing long term chronic conditions and are responsible to pay for home health care. The good news in these situations is Southeast Seniors has a sliding scale and can subsidize home care when needed to keep them healthy and safe at home. We also help people of very low income know where and how to apply for government programs that help people pay for home care in order to avoid premature entry into a care facility.

Do not worry if your home care provider company is not Fairview. Fairview Home Care can serve everyone even if your insurance is through another company. Please call SE Seniors office if you have questions about this. You can also call us if you are receiving home care from any other agency because we can also provide other services help such as rides, friendly visitors and much more.

For some people I do once a month visits to monitor how things are going. This is done at no cost to the clients. I can interpret instructions from the doctors, access vital signs and weight, monitor nutrition and be sure the medications are being taken accurately and that they are accomplishing the results that best control chronic symptoms. Much teaching and education can be done and stress and anxiety can be reduced. Support is given to the caregivers as well. Many needs can be identified early, preventing bigger incidents.

In home foot care through our agreement with Fairview Home Care can be arranged for minimal cost. Often trimming toenails is the first thing that becomes hard for people to do because of not being able to reach, to see well, or unable to squeeze the tools. It is so important not to injure the surrounding skin which can result in an infection. Diabetics in particular should have someone doing their nail care to avoid infection with resulting amputations due to poor healing ability.

If you or someone you know is 65 or older and could benefit from a free outreach visit please call our office 612-331-2302. We also are willing and available to advise you if you live in SE and are a caregiver to someone who lives outside of SE Minneapolis. We know that the primary reason people move prematurely to care facilities is because the caregiver becomes exhausted, so we love to support caregivers in every way we can.

Let's keep on taking great care of each other in this SE neighborhood, especially our seniors!



My First Year at Southeast Seniors, By Judy Houck, LGSW

In writing this it is hard to believe that I have been a social worker at Southeast Seniors for almost a year. For those who don't know me, I am Southeast Seniors' newest employee and join with Marji Miller, Executive Director and Darla Wexler, PHN, Outreach Nurse. As a social worker, I coordinate services for seniors living in Prospect Park, Marcy Homes and SE Como area who are 65 and older and live within the 55414 zip code.

It has been a wonderful first year at Southeast Seniors. One of the things that I have enjoyed is getting to know all the staff at Pratt Elementary where our office is located. It has also been delightful getting to know all the area seniors, the Southeast Seniors Board of Directors, the volunteers and the supportive community that helps to make Southeast Seniors the great organization that it is today.

An aspect of my job that I particularly enjoy is working with the area seniors. My goal was to work with seniors when I started graduate school to become a social worker and I have never wavered from that commitment. Each day that I come to work I learn more about the indomitable spirit of the wonderful seniors that we serve. Many live with health conditions that are difficult to manage, sometimes alone or with little outside support. We have one senior in her early 80s that suffers from complete vision loss who lives independently in her own home with help from resources provided by Southeast Seniors. Providing services such as Lifeline, home care, a visiting volunteer and other services can make the difference between a senior being able to live safely in their own home and having to leave their home. It is a good feeling to work somewhere that supports seniors in their goal of living in a way that fosters their independence.

The other group that I have been privileged to get to know this year is the Board of Directors of Southeast Seniors. These people work tirelessly behind the scenes to make Southeast Seniors a strong organization that will be able to continue in its ability to serve area seniors for years to come. The board is an advisory board, as well as a working board with each member contributing their time and their talents to serving the organization and the community.

Another group that I have enjoyed working with this year is our volunteers. The volunteers are a critical part of our mission and help us on a daily basis driving clients, befriending lonely clients, doing computer work, fund raising and working at various events. We also have volunteers that offer to act as consultants on various topics that assist us in helping clients. I have come to value each of our volunteers for the individual talents that they bring to our organization. We have a very small staff and could not function without the dedication of the volunteers in our area.

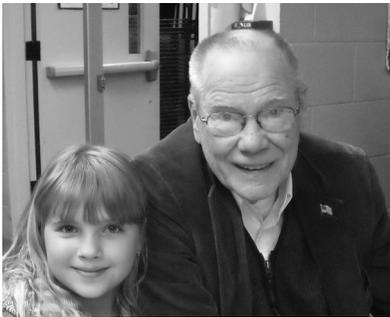
Volunteers contributed greatly during one of the most exciting events of the year at Southeast Seniors, "Celebrate Southeast," an event that takes place the last Saturday in April of every year. This was my first time participating in this annual community event. It was exciting for me to see so many area restaurants, businesses and residents donating generously to help make this event such a success! It was also good to see the tremendous support that came directly from the community through all the signs that peppered neighborhood yards publicizing the event. It was heartwarming to see how many people in the area supported the work that Southeast Seniors is doing. It was a wonderful event that was brought together with the help of countless hours contributed by volunteers, a supportive community, and a hard working staff and Board of Directors.

Every day that I come to Southeast Seniors I feel privileged to work for an organization that not only does such great work for area seniors, but that is also so well regarded and supported by the community. In addition, I also feel privileged to work with a staff that has the same goals as I do — to make Southeast Seniors a strong organization that enhances the lives of seniors in our area now and in the future. If you or anyone you know could benefit from the services of Southeast Seniors or if you would like to find ways that you can support Southeast Seniors by volunteering or making a donation, please contact us at (612) 331-2302.

Pratt School and SE Seniors Pen Pal Program

Last fall, a Pen Pal Program was started with children in Jakki's After School Program and area seniors. A kick-off event was held at the school so the children were able to meet and get to know their pen pal. Both groups wrote down some of their favorite things. Chocolate was definitely a favorite for dessert for all ages. Throughout the year, letters and postcards were exchanged. Special cards were sent at the holidays and on Valentine's Day. Here is a sample of one letter: **Dear Penpal: I hope you are having a good time. My cat died. Do you like pizza? Do you like video games? I like Minecraft. It has been 0 degrees for awhile now. I do not like the cold.**

At the end of the year a party was held to celebrate. We look forward to other inter-generational activities in the future.



Outreach Gatherings

Jane Burnham is working with Southeast Seniors to help us make contact with our neighbors in Southeast to find out what they know about our programs and to make suggestions for new classes or programs we might be able to offer to the community. We held our first gathering in July in Prospect Park. We had several great suggestions for programs including: Home Assessments, Cooking Classes, Help with Shopping, How to DE clutter your Home or Apartment, and opportunities for outing and socialization. If you are able to host an outreach event in your neighborhood please let us know. Watch your neighborhood news for information on a gathering in your area.

Home Services Vendor List

Judy Houck, LGSW, Services Coordinator for Southeast Seniors is working on updating our Home Services Vendor List. This list has been in existence since 2004. It contains names of people and agencies who are able to help seniors with services for their homes such as painting, plumbing, home modifications, house cleaning, yard work, and more. If you would like to receive a copy of the list when it is completed, please give us a call at 612-331-2302, or email judy@mtn.org.



Fairview Home Care & Hospice

We partner with Fairview Home Care and Hospice to provide nursing and home health aide services, PT and OT services, care after hospitalization and care for chronic conditions. We can accept all insurance plans including Medicare. Private pay is available too on a sliding fee scale.

If you are hospitalized, let them know if you would like to receive home care services through Fairview Home Care and Southeast Seniors. Fairview’s home care number is 612-728-2468. A Fairview Home Care staff said, “We’re invited into people’s homes and really make a powerful impact on their health care journey.”

Volunteers—the HEART of Southeast Seniors

“I love volunteering, especially for a neighborhood agency that does so much good for the community. I started out volunteering because I wanted to help, but I have gotten back so much from my experience, far more than I ever would have imagined.” This is what volunteering has meant to one individual. You too could make a difference in the life of a senior. If you have a skill or talent to share with our neighborhood seniors we’d love to hear from you! We are especially in need of folks who are interested in joining our pool of drivers who provided rides for seniors to doctor appointments, grocery shopping and running other errands. We are also looking for corporate groups and/or student groups who are able to help out with chore services at the homes of seniors. It doesn’t take much to improve the life of a senior and you will be rewarded by the good feeling you get of giving back to

Tips for Caregivers

The Caregiver Resource Guide, Tips and tools for Minnesota Caregivers, by Minnesota Board on Aging, has many helpful tools for caregivers. How do you know if you’re a caregiver? Do you bring your dad a few groceries?, drive a friend to her doctor visits?, remind mom to take her pills?, then you are a caregiver. A Caregiver is defined as a family member, friend, or neighbor who takes care of an older adult. If you are just getting started with caregiving be sure to talk about important things now, make a plan, find resources, ask your family member or friend to complete a Health Care Directive and consider legal matters. Caregiving is not meant to be a one-person job—find support, form a team; get back-up; hold a family meeting; and communicate—keep in touch by using a phone tree email, Facebook or other sources. Be sure to take care of yourself so you can be the best caregiver you can be. If you need help, please contact Southeast Seniors, 612-331-2302.

Falls Prevention Awareness Day is Sept. 23, 2014

Every 15 seconds, an older adult is seen in an emergency department for a fall-related injury. Stay safe with these tips!

- Find a good balance exercise program;
- Talk to your health care provider;
- Regularly review your medication with your doctor or pharmacist;
- Get your vision & hearing checked annually & update your eyeglasses;
- Keep your home safe;
- Talk to your family members to enlist their support to stay safe.



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**Founded
 In
 1988**

GIVE TO THE MAX DAY—NOV. 13, 2014

What is Southeast Seniors?

Southeast Seniors is a non-profit, 501c3, organization of health care professionals and neighbors who help people 65 and older remain independent and safe at home. Our service area includes the neighborhoods of Como, Marcy Holmes and Prospect Park in Southeast Minneapolis. **Our vision—Seniors at home: comfortable, connected, empowered, safe.**

Through a contract with Fairview Home Care, we provide nursing services: care after hospitalization, care in chronic illness, management of medications, care of feet and nails, nutritional advice, blood pressure checks; and **home health aide services:** bathing, shampooing, skin care, changing bed linens, meal preparation, light housework, and laundry. **We work with Medicare and all insurance companies in providing these services. We also have a sliding fee scale available.**

Other services provided: visiting volunteers; services by our Outreach Nurse; connecting seniors with services such as Lifeline, Vision Loss Resources, grocery shopping, Meals on Wheels, support for hearing loss; and assistance with chore services, home maintenance and transportation. **We also sponsor intergenerational activities and health seminars in the community.**

We have a staff of three: Marji Miller—Executive Director/Volunteer Coordinator; Judy Houck, LGSW, Service coordinator; Darla Wexler, PHN, Outreach Nurse; & many volunteers.

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