



Neighbor Helping Neighbor

Board of Directors

Lynne Alpert
Judy Anderson
Susan Anderson
Julie Andrus
Nancy Black
Kate Donahue
Jim Drake
Tony Garmers
Anne Hibbard
Nancy Kosciolk
Robert Kriel
Linda Lincoln
Bernice Littleghost
Kristin Midelfort
Jan Morse
Richard Poppele
Leona Reyelts
Lois Schardin
Jane Hanger Seeley
Steve Sorensen
Tom Weist
Lloyd Wittstock

Southeast Seniors helps link seniors to services to help them live well in the homes they love with an enhanced quality of life. We are a small non-profit that focuses on building trust and rapport to best meet the needs of our clients. We get to know the seniors, their families and others who are involved with them. Here is one of our stories:

Wanyce Sandve, one of the founders of Southeast Seniors, lived next door to Janet. Janet would occasionally help her. She appreciated Wanyce's work with Southeast Seniors.

One of the reasons Janet stayed in the neighborhood is because Southeast Seniors is here to help. She said it is hard for anyone to have strangers come into your home. Building a relationship with someone makes it comfortable and easier to ask for help.

Janet and Jane met in 2010. Janet had contacted our office because she needed a ride to the Seward co-op every week. Jane volunteers with Southeast Seniors because she wants to be more involved in her neighborhood.

*Jane said, "I hate grocery shopping, but by having the opportunity to give Janet a ride to the co-op every Monday, I actually look forward to the weekly chore. I love her sense of humor—she manages to put her daily struggles with chronic pain aside and make me laugh. During our brief rides across the river, we almost always have a hearty chuckle over something going on in our lives. We've developed a great friendship where I feel like I can talk to her about almost anything. **In this 'neighbor helping neighbor' relationship, it goes both ways!**"*

Our Outreach Nurse visits with Janet on a monthly basis for a general assessment. Our Service Coordinator has connected Janet with other services such as Rebuilding Together which helped to make modifications to her home.

The help that is needed to live at home varies with each individual. For some it may simply be a ride to an appointment. For others it may be a friendly visitor to stop by every few weeks; or a free in-home nursing assessment; or we arranging for a medical alert device to use in the home; or assistance and information on end-of-life issues. No matter what service is provided, our mission is to help seniors live well at home.

Please call our office at 612-331-2302 for more information, volunteer opportunities or other questions you may have. Thank you.



Join us and the community of neighbors and families who are interested in seeing that needed support services are in place for seniors to live well at home. SE Seniors, one of just three block nurse programs in Minneapolis, **is celebrating 25 years of service to the community and serves 300 seniors every year.** These seniors, our neighbors, receive everything from companionship and help with transportation to critical aid with the challenges of daily living and rehabilitation. We help them navigate Medicare and Medicaid regulations and link them with other services. The care coordination is unique to each individual.

Founded by residents of SE Minneapolis in 1988, the organization has three part-time staff: an Executive Director, Marji Miller, a Service Coordinator, an Outreach Nurse, Darla Wexler PHN and many volunteers. **291** people served: (**51** by nursing; **79** by volunteers, **84** by service coordination, **108** by other services) **749** nursing & home health aide visits, **324** service coordination hours **3,187** volunteer hours from neighborhood volunteers, **19 seniors kept out of nursing homes.** An average nursing home stay costs more than \$60,000 per year.

There are **no charges for volunteer services, service coordination or outreach nursing visits.** Costs for nursing services provided by Fairview Home Care and Hospice (our Medicare certified nursing agency) are kept as low as possible. Medicare, Medicaid, private insurance (e.g. Blue Cross/Blue Shield, U Care, Health Partners, Medica, VA) and other third party payers are billed, whenever appropriate, for in-home nursing services. Remaining costs are adjusted on a **sliding fee scale.**

Because we offer services for a modest charge, **we need to raise money to fill the gap between earned income and expenses.** **Our goal this year is \$34,400 from area businesses, churches and individuals.**

This is where we hope you will help.

Each year we ask for donations and we hope you will choose to join us in support of our senior neighbors. **SE Seniors can make all the difference between maintaining life and dignity in one's home, and the otherwise disruptive and expensive care in a senior living or nursing home facility.**

Please help us if you can. We have enclosed a return envelope for your contribution and hope you will add us to your list of worthy causes. Our program continues because of the generous contributions of individuals, churches and businesses that share our concerns and want to help.

Be part of our vision of seniors at home: comfortable, connected, empowered and safe.

Thank you so much,

Susan Anderson, Chair, Southeast Seniors' Board of Directors

Any donation received before the end of 2013 will qualify as a tax deductible charitable contribution for this year. Other ways of contributing include memorials, honoring a birthday or anniversary, gifts of stock, and including Southeast Seniors in your will.

SE Seniors in Action!



Darla Wexler,
SES Outreach
Nurse with
Kay Jones,
Volunteer &
Workshop
Presenter

Need Help? Think SE Seniors

By Darla Wexler, PHN, Outreach Nurse

How can Southeast Seniors help you or your senior neighbor? Southeast Seniors is glad to be a resource to help all seniors 65 and older who live in 55414 as well as their friends and family who care about them. If anything is making your life difficult, call SE Seniors at 612-331-2302. Our staff can come to your home without charge to meet with you and your loved ones. We will listen, ask questions and help you think through what things may be helpful. We can also help implement those plans. Even if you are a family member or caregiver who lives out-of-town, we can help problem solve through phone calls and emails.

We have a nursing component, a volunteer component and a resource-connecting component. We have a sliding fee scale for Medicare certified nursing services. These services are provided by our nursing partner, Fairview Home Care. We try to make long-term and chronic care in the home affordable.

For management of chronic health needs at home, home safety assessments, transportation, help with cooking, cleaning, grocery shopping or home maintenance, we can connect you with available options and help you get the services started. You may need advice about which health plan is best for you during open enrollment in the fall or what to do about putting together a health care directive. Perhaps you are more isolated during the winter and would like to know about senior groups in the area. We can also help you figure out when it might be time to think about moving from your home or apartment and help you find other available options.

If you have anything that is making life more difficult for you to manage living at home, think about calling SE Seniors for advice.

I thank our many Southeast donors and volunteers who have supported our program for over 25 years! You make our neighborhood a better place to live.

Darla Wexler, PHN, Outreach Nurse

Time Together
Project with
Marcy Open
School students
and residents of
Holmes Park
Village apart-
ments



Pen Pal
Program with
students
from Pratt
and SE Sen-
iors' volun-
teers

Exercise
Classes
With Sara



Give to the Max Day, November 14

Each year generous supporters like you join us for the exciting 24 hour annual Give to the Max Day. An exciting part this year is that at the end of the day, one donation from across Minnesota will be randomly selected for a \$10,000 bonus contribution! If you prefer to make your donations online, check Southeast Seniors on the giveMN website on November 14.

Volunteer Opportunities

Ongoing opportunities for volunteering include: visiting with a senior; respite volunteers; providing transportation; chore services; office work including data entry, Facebook and website updates. Every little bit helps. Tell us about your interests and skills and we will work with you to try to develop a special project. Thank you.

Upcoming Events

11/13 JOY in Learning, Mpls. Comm. Ed., at PPUMC, 22 Orlin Av SE, guest speaker Shari Albers of the Hennepin County Historical Society. **Please call 612-668-1100 to register.**

11/14 Give to the Max Day

12/14 Tower Hill Brass Quintet concert at PPUMC, 22 Orlin Av SE

Every Thursday, Van Cleve Seniors, 10:00 a.m. Van Cleve Park, 901 15th Av SE

Call SE Seniors at 612-331-2302 for more details on these events.

Annual Meeting

Southeast Seniors held its Annual Meeting on September 13 at University Lutheran Church of Hope. We celebrated a year of service to seniors in the Southeast community and recognized the many people who help make our program successful. Music was provided by Stu Anderson and Jody Ouradnik. Our Guest Speaker was Arvonne Fraser. Other guests included: State Legislators Phyllis Kahn and Kari Dziedzic, Marcy Holmes Neighborhood Association representative Dick Kavaney, and many others. We thanked the many visiting volunteers who make such a difference in the lives of seniors, and acknowledged the other agencies we collaborate with in providing services for seniors. Our Volunteers of the Year were: Board volunteer—Lois Schardin, Community volunteer—Greg Pillsbury, Burrito Loco, and Visiting volunteer—Jane Burnham. We also honored our retiring board member, Greta Garmers.

At the October SES board meeting, the board elected officers: Susan Anderson, Chair; Tom Weist, Vice-Chair; Dick Poppele, Treasurer; and Anne Hibbard, Secretary. New members to the board are: Julie Andrus, Prospect Park, and Jan Morse, Marcy Holmes.



Tom Weist, Vice Chair, Senator Phyllis Kahn, Susan Anderson Board Chair



Arvonne and Don, Laurice J., Stu and Jody



Don and Walter



MacPhail Center for Music

It's never too late: MacPhail Center for Music offers classes for adults from beginners to those with experience. Cassandra, adult student at MacPhail Center for Music, will tell you that when she decided to start music lessons again at the age of 63, it was kind of 'scary.' But after working her whole life and raising children, she decided it was finally time for her and she took the plunge. Three years later, she will tell you that it was the best decision she has ever made. She is making new friends and doing something she has always loved—make music.

MacPhail offers a wide range of musical opportunities for adults from beginners to those who have some musical background. Students are paired with exceptional teaching artists who know how to teach adults. MacPhail is located just across the Stone Arch Bridge. For more information, call 612-321-0100 or go to www.macphail.org.

Wilderness Inquiry

Wilderness Inquiry (WI) is an organization dedicated to sharing high quality outdoor adventures with people like you. They provide canoe, kayak, hiking, horsepack, and safari adventures. They also conduct a number of programs designed to share the benefits of outdoor adventures with urban youth, families and people with disabilities. Each year they host over 300 events serving more than 15,000 people of all ages, backgrounds, and abilities. For more information call 612-676-9400

Thank you to MacPhail Center for Music and Wilderness Inquiry For their donations to our Celebrate Southeast silent auction

And the Survey Says...

During 2012—13, Colin Gerber, Master of Public Health Candidate, School of Public Health, University of Minnesota, conducted a Needs Assessment for Southeast Seniors. A survey was sent to all seniors 62 and older living in the 55414 zip code. 224 surveys were returned. For those responding, the top five needs for assistance were: home repairs, yard work, housework, transportation and personal care. This was pretty consistent with a survey conducted in 2006.

In his results, Gerber states that “Home and community based health care is an increasingly attractive option for long-term care as the population ages. For individuals who require help with activities of daily living (ADLs: bathing, dressing, walking, etc.) or instrumental activities of daily living (IADLs: shopping, cooking, using the phone, etc.), home care provides a way to get assistance without having to relinquish independence to an institution such as a nursing home. As a result, community-based services are preferred by many older Americans.”

Gerber states, “These results indicate that the individuals likely needing more help are older adults, women, individuals living in a house, and individuals either currently or just starting to experience health difficulties.”

A program in Arkansas that used community care workers to identify and connect individuals with long-term care needs to community care services resulted in a 23.8% average reduction in annual Medicaid spending per participant. A study of long-term survival for elderly entrants in nursing homes and community care programs in two counties of South Carolina found that community care participants had a significantly higher median survival than nursing home residents. Getting seniors into a home-care program early can thus be of benefit to long-term survival and lead to greater savings in long-term care spending.



Southeast Seniors
66 Malcolm Avenue SE
Minneapolis, MN 55414

Phone: 612-331-2302
email: seseniors@mtn.org
www.seseniorsmpls.org

NONPROFIT ORG
US POSTAGE
PAID
TWIN CITIES, MN
PERMIT 21369

Give to the Max Day
November 14th
To make a donation
online, visit our site on
GiveMN.org

OR CURRENT RESIDENT

What is Southeast Seniors?

Many seniors prefer to live in their own homes. **Southeast Seniors is a non-profit 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.

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 at no charge include: visiting volunteers; services by our Outreach Nurse; connecting seniors with services such as Lifeline, Vision Loss Resources, Meals on Wheels, support for hearing loss; and assistance with chore services and transportation. We also sponsor intergenerational activities, Ask a Nurse/BP Clinics, and health seminars in the community.

Call or email us if you, a relative or a friend would like more information, 612-331-2302, seseniors@mtn.org.

Seniors at Home: Comfortable, Connected, Empowered, Safe

Check Inside for:

- Neighbor helping neighbor
- Article by Darla Wexler, PHN, Outreach Nurse
- MacPhail Center for Music
- 2013 Annual Meeting
- SES Needs Assessment
- Upcoming Events

SAVE THE DATE—April 26, 2014 for our 3rd Annual Celebrate Southeast /Taste of Southeast Fundraising Event