

Granite Falls Living at Home/ Block Nurse Program Newsletter

Helping Seniors stay in their own Homes

Phone 320-564-3235

Winter/Spring 2022

From the Desk of Kelly

Wellness Tips for a healthier life!

There are many things about our health that are out of our control. But eating healthy, exercising and getting adequate sleep are three ingredients for healthy, happy living. Today I would like to share a little bit about the impact simple walking can have on your overall wellness.

Did you know that: 1.) **Walking can help you maintain a healthy weight?** Power walking especially helps to burn fat and build muscle. What does that mean? Swing your arms, focus on your posture (don't lose sight of where your feet are going!) clench your hands into a fist and release as you walk. This helps increase the oxygen flow through your bloodstream to maximize the time you are walking. 2.) **Walking can help prevent or manage chronic illness.** Again improving the oxygen flow through your blood helps clean your blood of toxins. 3.) **Walking improves your cardiovascular fitness.** Be sure to check with your physician before beginning any exercise program but walking is the best and easiest way to strengthen your heart health. 4.) **Walking is gentle on the bones and muscles.** Using good shoes so your feet don't hurt is important. A regular walking program will help maintain strong bones and muscles. 5.) Finally **walking improves your endurance.** You will be less likely to be winded doing general tasks or walking stairs.

We are again offering our virtual walk across America program. Check out our progress on our Facebook page. To participate, simply call our office with the minutes per week you spend exercising. You can also join our Gentle Fitness Exercise program which meets at the Senior Center every Wednesday from 9:00 – 10:00. Call our office at 320-564-3235 for more information.

Also here are 6 tips for safe walking

1.) **Plan ahead.** Give yourself sufficient time and plan your route. 2.) Walk safely. **Keep your hands out of your pockets.** 3.) Anticipate ice. **Be aware of thin sheets of ice that may appear as wet pavement.**

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And from Kim's Desk

Just think it is almost Spring---YAY!

Thinking that spring is just around the corner helps with getting through long and cold wintery days. The weather can make it difficult to get. In addition Covid-19 guidelines and concerns have been making it difficult to see or sometimes even speak with family and friends. **So today I want to share some thoughts about Depression** with you.

Depression is classified as a mood disorder that people experience in many different ways. **It is important to realize that feeling down at times is a normal part of life.** Sad and upsetting events happen to everyone. But **if you are feeling down and hopeless on a regular basis**, you could be dealing with depression.

Consider seeing you physician for guidance. Lifestyle changes can improve depression. The following are some guidelines to help with depression:

***Exercise** for 30 minutes 3-5 times a week (taking a walk)-this helps to increase your body's production of endorphins, which are hormones that improve your mood.

***Avoid substance and alcohol** use.

***Take care of yourself**, eating healthy diet, getting plenty of sleep, avoiding negative people and participate in enjoyable activities.

***THINK SPRING!!**

We are busy providing both in and out of town rides for appointments. **THANK YOU!!** to each Volunteer for all of your help and support and the kindness you show —it means so much to the client's and staff. Finally, just a few thoughts:

“Those who bring sunshine to the lives of others cannot keep it from themselves”

“Kindness in words creates confidence-
Kindness in giving creates love”

Until next time -- Kim ☺

...Kelly's desk from page 1

4.) **Use special care when climbing up or down stairs.** 5.) Avoid smooth plastic and leather soles. **Footwear should have visible treads** and flat bottom. 6.) Walking outside is very rewarding but sometimes the weather doesn't cooperate. **The KCC is a wonderful facility where you can safely walk no matter the weather.** Walking in place in your own home is also a way to get the exercise you need to maintain your health.

We are very happy to announce that we will again be partnering with COMPAS to offer the literary Post writing workshop with Morgan Grayce Willow. We are looking for anyone who might be interested in having some fun with writing. **Do you enjoy writing** but would like some tips for capturing your family's memories? **Perhaps you don't think you can write** but would like to do a better job writing emails or letters. I promise this will be fun. Morgan will help us learn how to make our letters better. **Please call me at 320-564-3235 if you are interested in this program.** My hope is to bring the art of friendly and business letter writing back into our lives!

Finally this parting thought -- 10 C's for dealing with stress

Calmness—Try to stay calm use breathing techniques such as: Breath in slowly for 4 seconds, breath out slowly for 4 seconds. **Curiosity**—Learn something new; Keep you mind active and engaged—Turn off the news and focus on things you can readily interact with and have a sense of control. **Clarity**—Make sure you have all the correct details before getting up set or worried about an issue—also keep in mind that current issues are changing frequently. **Compassion**—be compassionate with yourself as well as with others. Allow yourself and others to be frustrated at times and offer support to others, also accept support when your need it yourself. **Confidence**—Maintain a strong belief in your ability to stay fully present in a situation and handle or repair anything that happens with the belief that “no matter what it's going to be ok, and it will also work out the way it is supposed to be.” You still have important skills and talents focus on your strengths. **Courage**—we are all in this together. Supporting each other can give us courage. **Creativity**—get involved in activities that show your talents and interests such as: needlework, artwork, music, writing, woodwork. Etc. **Connect**—Stay connected with others, avoid being isolated in your own home or apartment (unless you need to quarantine). Get out and have some fun. Phone calls and letter writing may also help you reach out. **Counseling**—if anxiety is truly too much to handle; seek help. **Calisthenics**—exercise releases endorphins, which help to improve your mood and decrease level of anxiety.

Stay Happy, Safe and Well!

Kelly

Past Year in Review

by Mark

Last year was filled with fits and stalls as we tried to “find normal” during the Covid Pandemic. Finally I think the worst is behind us! Hopefully, any new variant to come along will be less problematic.

We are **back to providing assisted in and out of town transportation, respite care and errand services** for our clients. We are also back to scheduling live programs and events. And we truly have some amazing highlights to report. **Kelly's Caregiver and Diabetic support groups and gentle fitness exercise class are meeting regularly.** Last fall Kelly provided the **Evidence Based class “Living with Chronic Conditions.”** **Plans are in the works to provide Living Well with Diabetes and Matter of Balance.** Call our office you are interested.

We continue our work raising awareness and reducing the stigma around memory loss and especially, Alzheimer's. We offer **Dementia Friends** training events; the **Heart2Heart Café** is back to making plans; and the **Building Bridges choir** was able to rehearse last summer and participate in the city-event “Squid fest!”

Last October, GF-LAH/BNP participated with Pioneer Public Broadcasting, the MN Area Agency on Aging and Prairie Five Community Action in a special event featuring a movie titled **“Caregiving, a love story.”** This live/hybrid viewing and discussion, hosted by MPR's **Cathy Wurzer**, drew attention to the challenges **and rewards of caring for a loved one** with a chronic illness. The movie raises awareness of the need for trained volunteer respite provides, better availability of home health services, palliative care services, and hospice care.

In November, we offered the first in a three part video-zoom series produced by The Remember Project. Their method of using drama and discussion to better understand and deal with the impact of an Alzheimer's diagnosis is truly game changing for participants. See the following page for information on how to attend the third play, scheduled for March 24th at 1:00 PM.

We finished out the year by **once again donning our elves hats to deliver Christmas fruit baskets donated** for a second year in a row **by a generous anonymous donor!** We also held our annual White Elephant Christmas Party celebration for our volunteers. Looking ahead we are planning to hold our annual spring appreciation brunch on April 13th.

On a cautionary note. **On-line fraud and telephone fraud are on the increase.** We are working with our partners to put together a workshop on the topic. In the meantime, **remember when in doubt hang up or delete any suspicious email.** No legitimate business will call or email you out of the blue and ask for your private banking information. Call our office if you have questions about this at 320-564-3235. **-Mark**

Save The Date!

March 24, 2022 · A Free Virtual & On-Site Event!



In The Garden

by Matthew Widman | The MemoryCare Plays Anthology

"In the Garden," is set in the home of Arthur Monsetin where his three grown children have gathered after the death of their mother. They have come to decide a course of action for their beloved father who is struggling with Alzheimer's disease. At times Arthur may wander off, lash out in anger or forget the names of his grandchildren. At other times he is lucid, funny, and wise. Each of Arthur's children has a very different view about what is best, yet one thing is clear: their love for their father will guide the way. **This story has something for everyone.** Every family with a loving parent needs to have the kind of conversations this play generates... before a crisis forces action. **The event takes place on Thursday March 24th from 1-3 PM. It is free but registration is required.** You can view on your own computer or in person at one of several viewing rooms, including the KCC and the GF-Senior Center. Call our office at 320-564-3235 to register. Or go to: <https://gf-garden2022.eventbrite.com>

We are doing our virtual walk across America again! It is not too late to join us! Simply keep track of the minutes you exercise each week and call in your time to Kelly. Then check us out on Facebook each week to see our progress.

Call the office to sign up at 320-564-3235



The mission of the Granite Falls Living at Home Block Nurse Program is to help people

in Granite Falls and surrounding community, 60 years of age or older, or living with a disability, to live well and safely in their own homes. We call on local residents who volunteer in providing support services, information, social events and programs for their elderly neighbors. If you know anyone who would benefit from our services or if you would like to volunteer with us, give us a call at: 320-564-3235. Ask for Kelly, Kim or Mark

Garden Tour Fundraiser 2022!!!

YES, we are planning to bring back our Garden Tour Fundraiser in 2022! Plans are underway for the event to be held sometime in late June or early July, depending on the spring and growing season.

We are looking for gardens to showcase! If you would like your garden to be included, give us a call at 320-564-3235

Watch for flyers and the newspaper for more information

Your generous support makes it possible for us to receive additional funding from these organizations!



Thank You for Giving!



We appreciate your support of our program with memorials and donations. As you know, we are partially supported by grants. Some foundations are more likely to award grants when there are matching monies available, given through community donations and memorials. Your support is greatly appreciated.

Our Non-Profit Needs You!

If you would like to support elders living in their own homes, please send a donation or sign up to be a volunteer. You may indicate if your gift is a memorial or honorarium below. We know that you understand the need and great demand for our services. We thank you for your support!

Your name: _____

Address: _____

City, State, Zip _____

I wish to make a gift of \$25 _____ \$50 _____ \$100 _____ Other _____

Please accept my gift in honor of _____ or in memory of:

_____ Your gift is tax deductible. -----

-----The Granite Falls Living at Home/Block Nurse Program
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