

# Granite Falls Living at Home/ Block Nurse Program Newsletter

Helping Seniors stay in their own Homes

Phone 320-564-3235

Spring/Summer 2021

## The Director's Corner ...by Mark Roisen

Now that **the Covid-19 Pandemic seems to be past**, we can finally look forward to make plans for getting together in-person. This spring we were able to hold our annual volunteer brunch and it was so-good to gather in-person again. **The summer of 2021 looks to be filled with a variety of activities** for people to gather socially again.

**This year marks five years** since the Granite Falls Living at Home Block Nurse Program (GF-LAH/BNP) began the community wide work of making Granite Falls a Dementia Friendly Community. GF-LAH/BNP will be holding a **noon luncheon on "the Longest Day," June 21<sup>st</sup>**, to kick-off a year of Dementia Friendly events and programs.

The event is free but seating is limited so, **call the office at 320-564-3235 to reserve your space**. During the lunch, we will watch a slide show of highlights from the past five years, featuring the **Building Bridges Choir, Heart 2 Heart Café** and more. What a great reason to get out and get together. **Hope to see you there!**

Speaking of the **Building Bridges Choir**, plans are underway for the **first rehearsal** in over a year to take place, Thursday **June 17<sup>th</sup>**. The **Heart 2 Heart Café** will be starting up again sometime **later this summer**.

We are also very pleased to announce our **annual garden tour** will be held again this year on **Tuesday June 29<sup>th</sup>** from **4:00 – 6:00 PM**. Once again we have a selection of excellent gardens to view. **A big thank you to our garden hosts!** This year we have a special added treat. At the end of the tour stop by Stella and Poppy for refreshments and a presentation on how to create a succulent planter. **See the poster inside for more information.**

Finally, we had a **changing of the guard on the Board** as founding member and longtime treasurer, **Art Mehr resigned**. **Paul Michaelson** has joined the board and has taken over the responsibility of **treasurer**. Welcome Paul!

## June is Alzheimer's & Brain Awareness Month

The past year has been extremely challenging for most Americans. Chronic stress, like that experienced during the pandemic, can impact memory, mood and anxiety. **As Americans begin to return to normal**, the Alzheimer's Association encourages people to **make brain health a priority**. People can reduce the risk of cognitive decline by adopting healthy lifestyle habits, including:

**Exercising regularly:** Regular cardiovascular exercise is linked to better memory and heart health.

**Maintain a heart-healthy diet:** have a balanced diet full of fruits and vegetables. Not only is this good for cognitive functioning, it helps reduce risk of heart disease as well.

**Get proper sleep:** regular sleep helps clean the brain.

**Stay socially and mentally active:** stay connected with friends & family. Engage your mind in challenging activities

## Mark Your Calendars

**Monday June 21<sup>st</sup>**

**"The Longest Day"**

**noon luncheon, KCC**

**Celebrating 5 years of Dementia Friendly Programming**

**Tuesday June 29<sup>th</sup>**

**Annual Garden Tour Fundraiser**

**4:00 – 6:00 PM**

**Look inside for more details**

## From the Desk of Kelly

Spring is here and it will soon be- summer 2021. **We made it through COVID!** Most of us are fully vaccinated and we are sure ready to fully experience life again.

The living at home office kept busy through Covid. Our walk across America last winter was a huge success. **We “virtually” walked from Boston to San Diego**, posting weekly on Facebook, a brief description of the history and points of interest for each city we “stayed at” at the end of each week. **We plan to do this again next winter** and are looking for suggestions on where to “virtual” walk.

**We just wrapped up a socially distanced winter Gentle Fitness class.** It was a blast gathering together to exercise. We have found that Social coffee time was just as important as exercise. **Diabetic and Caregiver Support groups** are meeting again. Call the office if you are interested in learning more about these groups.

**Many of you received hand written letters from the office. I apologize for the really dumb jokes!** I hope they at least made you chuckle.

**We are preparing to begin our in person classes**, beginning with **Living with Chronic Conditions** later this summer. We will follow with **Living Well with Diabetes** and **Matter of Balance** sometime in the fall. **Please call the office for more information** and to be placed on the list for these classes. We have had several people sign up but have a few more slots available.

**The neighborhood garden by Granite Ridge place is planted and the weeding/watering has begun.** Anyone who lives in Granite Ridge place or the apartments in that area are welcome to use and enjoy the garden. Please feel free to pull all the weeds you want! The produce is also for you to enjoy (whether you weed or not). But, **volunteers are always welcome to help weed and water. Please contact me** for a brief orientation and I will get you going at the site. It really is so much fun to get your hands dirty.

**Alzheimer’s disease and other Dementias continue to be troubling for many people.** Join us this summer for community education regarding living with Dementia and caring for someone with dementia.

**Remember, in general, heart healthy living is brain healthy living:**



## From Kim’s Desk

We welcome the warmer weather, although the heat wave was a bit much. **I hope everyone is staying hydrated and out of the direct sun** when temperatures approach 100 degrees.

—Even with the excessive heat, **it is so beautiful to see the green trees and flowers growing again**— makes me SMILE!

**It was so great to see the volunteers** that were able to make it to the **“Volunteer Appreciation Brunch”** in May—it was so nice to see familiar faces again—we missed you all.

We are **now able to provide transportation both in and out of town for our client’s.** And, we are signing up new volunteers. Although **fully vaccinated people do not need to wear face masks**, there are still people who were unable to take the vaccination. It is an individual decision but we are encouraging everyone to keep their masks handy when giving or receiving a ride. We also recommend everyone use caution and remember to keep hand sanitizer available and remember to clean seats and door handles regularly.

--This program is possible because of your generous time, talents, care and compassion for those with whom we serve

**THANK YOU ALL SO MUCH!!**



Your generous support along with grants from these organizations makes it possible for us to deliver the services and programs you deserve!



**Top from Left:** Brenda Nelson and Don Nelson help plant the Skyline garden. **Bottom from Left:** Art Mehr gives the thumbs up during his last board meeting; A group shot of some of our wonderful volunteers gathering together for fellowship and brunch at the KCC

Garden Tours  
Tuesday June 29  
4 - 7 pm:

**John & Kathy Korthuis - 180 6th Avenue, Granite Falls**

**Cheryl Johnson & Pat Heiling - 330 5th Avenue, Granite Falls**

**Curt & Paula Soine - 530 Prentice Street, Granite Falls**

Following your tour please stop in at Stella & Poppy (647 Prentice Street) for Refreshments and a Special Presentation from Brenda Werner, a Granite Falls Farmers Market Vendor:

“How to Create your Succulent Planter”

**Tickets can be purchased** at the:  
Block Nurse Office on Prentice Street, the Granite Falls Bank, and on the day of the Tour at each Garden location

Look for Signs. \*Rain Date Thursday, July 1st



GRANITE FALLS  
**LIVING AT HOME**  
BLOCK NURSE PROGRAM

**INVITES YOU to**  
**“A Year of Living Dementia Friendly”**  
**Commemorating Five Years**  
as an ACT on Alzheimer’s Community  
**Free Lunch and Open to the Public**

**Monday, June 21<sup>st</sup>**  
**11:30 am – 1:30 PM**

**Kilowatt Community Center**

Seating is limited...call 320-564-3235 for a reservation

# 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.

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## **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.

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