



# Elderberry Institute eNews

Volume 6, Issue 7

July 31, 2007

*Send Us Your Stories!! If your Program has a news update or story to share, please send an e-mail to [LMuenchow@elderberry.org](mailto:LMuenchow@elderberry.org)*

## **Program Profile: Paynesville R.O.S.E. Center**

The Paynesville 'Reaching Out to Seniors Effectively' Living at Home/Block Nurse Program, more commonly known as the Paynesville R.O.S.E. Center, has been serving local elders since early 2000. Located in Central Minnesota about 30 miles Southwest of St. Cloud, the Program serves about half of the elders living within the Paynesville city limits. In FY 2006-07, the R.O.S.E. Center served 255 seniors.

Program staff mostly rely on word of mouth to reach out to their local elders, but they also have weekly and monthly advertisements in all sorts of local publications. They really pride themselves on their Caregiver Support Groups and have also recently started monthly Wellness Seminars in the area. They are one of the 31 DHS Base Funded Programs but are also a partner in the Central Minnesota Collaborating Area Resources for Elders (CARE) Partnership. Through this they receive federal dollars to provide both Title III-E and III-B services listed under the Older Americans Act.

The Program office is located in the Paynesville Area Center which also serves the local senior citizens. Led by Program Director Inez Jones, the R.O.S.E. Center is also staffed by Volunteer Coordinator Joyce Spaulding. Nursing services are provided by the Lake Region Home Health Agency and their Board Chair is Lindsay Hull.

## **Network News**

### **"The Importance of Exercise"**

**Submitted By: Mary Ims,  
Granite Falls LAH/BNP**

Did you know that there are 172 different kinds of Arthritis? Do you know one of the many people who are suffering from the pain of this disease?

One of the most helpful things you can do for your Arthritis is to exercise wisely. A proper balance of rest and exercise can help relieve stiffness and

maintain or improve your joint mobility and muscle strength. The KEY is to keep moving, even if it is only "little bits" at a time! Those who have participated in the exercise classes put on by the Granite Falls LAH/BNP tell us the exercises DO HELP them!

*Make sure your local elders are exercising to get their Arthritis pain under control!*

## **Elderberry Update**

### **All-Site & 20 Year Celebration Update**

Community Liaison Chris Chrysosovergis and the All-Site Committees have been working hard to finalize presenters and other details for the upcoming Annual All-Site, Rural All-Site and 20 Year Celebration Conferences. We're pleased to announce that former Saint Paul Mayor and current Professor of Urban Studies at Macalester College, George Latimer will be the 'MC' for the 20 Year Celebration. Also, the Keynote Speaker at the Annual All-Site Conference will be Gwen Delger of the MN DHS Chemical Dependency Division. Gwen will talk about The Dynamics of Dependency and Addiction. Keep your eyes open for registration materials which will come via US Postal Mail!

### **Elderberry Database Upgrade UPDATE**

The Elderberry Database System Upgrade to Version 3.4 is taking much more time than originally anticipated. We apologize for this delay but finally have a more concrete timeframe to announce. The upgrade itself will be completed and sent to the EI office by the end of August, early September. Once it has been thoroughly tested by our database consultant as well as two local Programs, the upgrade process will begin with all Programs. We again apologize for this delay and will keep you updated as the upgrade process gets

### **Welcome to the Network!**

- Anastasia Cheney - Vol. Coordinator Intern, Como Park

### **Farewell & Good Luck!**

- Rhonda Waage-Osodo - Program Director, Middle River
- Darla Wexler - Block Nurse, SouthEast Seniors

### **Reporting Deadlines**

- **July 31** - DHS Financial Reports (Base-funded programs)
- **Sept. 30** - Cost & Services Reports (ALL PROGRAMS)

### **A Special Goodbye**

**Submitted by SouthEast Seniors**

Marji Miller and the rest of the SouthEast Seniors Network would like to say a special goodbye and thank you to Darla Wexler. Darla has been the Primary Block Nurse for the Program for over 18 years. Known to many seniors as their "angel," Darla will be missed very much by everyone who has worked with her over the years.