



# Elderberry Institute eNews

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*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)*

## **Success Story of the Month: Helen** **Submitted By: Foley Area C.A.R.E.**

*New  
eNews  
Section!*

Helen is an 82 year old widow who lives in an apartment by herself. She and her husband had no children. Her nearest relative is a nephew who lives in a nearby town. He is not always available to provide the services that Helen needs. Helen has swollen legs and numerous other ailments which make it difficult for her to get around and to perform household tasks.

Helen was the program's first client in 2003. She requested a ride to the doctor. Since that time C.A.R.E. volunteers have continued to provide transportation to doctor appointments and to the drug store to pick up medications.

A wonderful C.A.R.E. volunteer has taken Helen under her wing and visits with her weekly when she delivers her groceries. Sometimes the volunteer has to make two trips to the grocery store to get just the right product for Helen. The volunteer is a very patient person and is always kind to Helen, no matter what her behavior is on that day.

We are proud of the fact that our program has been able to provide service for Helen so that she may remain in her own apartment for so many years.

## **Elderberry Update: Database Upgrade**

Now that the Elderberry Database Version 3.4 Upgrade has been beta tested by Program users, the upgrade installation process and training will begin. Database Consultant Laura Muenchow will be in contact with each Program individually to either come install the new system or walk Program staff through the installation process over the phone. Please be advised that this will be a long process as there are 41 LAH/BNPs and 17 other non-LAH/BNPs using the system. If you have questions about the process, please send Laura an e-mail at [LMuenchow@elderberry.org](mailto:LMuenchow@elderberry.org).

## **Important Announcement:**

Although there are two sessions listed on the Network Meeting Dates Calendar for November, Elderberry has decided to postpone these events. Between numerous reporting deadlines and the database upgrade process, the Volunteer Training sessions will be re-scheduled for a later time. Elderberry will notify you when the new dates are set.

## **Network News**

### **Diabetes Education Event**

The Payne-Phalen LAH/BNP along with North East Neighborhoods, Conway-Battle Creek & organizing Program Dayton's Bluff Seniors will be hosting a *free* Diabetes Education Event in the Dayton's Bluff Area.

The event will take place on Wednesday, November 14th from 10:30AM - 12:30PM at Parkway Gardens located at 1145 Old Hudson Road in St. Paul. To view the event informational flyer visit the Breaking News section of [www.elderberry.org](http://www.elderberry.org).

The event will be sponsored in partnership with Medtronic and the Vision Loss Resource Center & Maplewood Dialysis of Davita.



*New eNews Section!*

## **Tipsheet of the Month: Falls Prevention**



With the winter months quickly approaching, falls prevention becomes even more important.

Below is a checklist for you to use with the elders you serve:

1. Keep moving, active muscle will maintain strength.
2. Remove things in your home that you might trip over.
3. Improve the lighting in your home.
4. Wear shoes that give good support.
5. Have your vision checked.
6. Change positions slowly.
7. Install grab bars in the bathroom and railings on both sides of the stairway.
8. Keep frequently used items close at hand.
9. Remove throw rugs or use double-sided tape to keep the rugs from slipping.
10. Ask your physician to do a 'Falls Risk Assessment' to address your risk of falling.

*For more detailed tips and to view all the tipsheets, visit [www.elderberry.org/resources.asp](http://www.elderberry.org/resources.asp) and click on 'MCCC Caregiver Tipsheets.'*