



Elderberry Institute eNews

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Welcome to the Network!

Julie Little - *Volunteer, Frazee*
Dave Merry - *Board Member, Hamline-Midway*
Shirley Ryan - *Board Member, Hamline-Midway*
Edna Ringhoeffler - *Program Director, Owatonna*
Elinor Rethwisch - *Volunteer Coordinator, Frazee*
Cathy Bray - *Service Coordinator, Nokomis*
Cindy Huener - *Program Director, Middle River/Thief Lake*
Rachel Nice - *Program Director, Winona*
Cynthia Hobbie - *Board Chair, St. Anthony Park*

Farewell & Good Luck

Phyllis Fisk - *Volunteer Coordinator, Frazee*
Carol Upham - *Board Chair, St. Anthony Park*
Joey Benhke - *Program Director, Middle River/Thief Lake*

Our Condolences to

Connie Feig
Gloria Everson
Esther Tatley

Important Dates:

18-20 August - Age and Disabilities Odyssey,

Save the Date

2008 All-Site Conferences
Rural Conference Thursday, Sept. 18th and
All-Site Conference Friday, Sept. 19th

ALVA-Leadership Development for the Rest of Your Life

The Vital Aging Network's ALVA Program targets older persons at or near retirement who wish to overcome the challenges of leadership in later life. Discover your lifework, build a network, share ideas and resources in this 8 month program.

The next ALVA class will be held October 10 and will be offered at Century College, Inver Hills Community College and Northwest Technical College in Bemidjii.

This MNSCU endorsed program offers an impressive list of presenters, among them are Lori Sturdevant, Star Tribune columnist and Jan Hively, VAN founder.

Elderberry Institute is proud to be an organizational partner for this valuable opportunity.

For more information please call the Vital Aging Network at 651.917.4635

Success Story Como Park LAH/BNP

Helen was referred to the Como Park Living at Home/ Block Nurse Program through a hospital social worker in the mental and behavioral health unit of Regions Hospital. There was a request for a home visit and a follow-up from the LAH/BNP upon her discharge from the hospital. Once contacted, Helen was visited in her home to see what kinds of services would best fit her needs. She had previously been receiving meals on wheels, but that was the only program helping her.

Helen was admitted to the hospital because of increasing confusion; therefore, she felt it would be a good idea to have someone call and check in on her periodically throughout the week. She also wanted to resume meals on wheels, and requested help obtaining transportation to medical appointments. Not only was the Como LAH/BNP able to provide her with transportation to her medical appointments but they were able to provide a health advocate to sit through the appointment. The health advocate took notes during the appointment so Helen was able to call her sons and read them what the doctor had said. Helen was receiving meals on wheels three times a week again, so there was someone checking in on her the days the meals were delivered. A fourth year College of St. Catherine nursing student was also visiting with Helen one hour per week. During these visits Helen's vital signs were checked and she received further information about her health conditions. These visits were a great source of socialization for Helen.

In addition to the volunteer services the LAH/BNP was able to provide home health care. She received a once a week visit from both a nurse and a home health aide. This additional care comforted Helen's two sons who both lived out of state.

Helen's case of cellulitis was caught early thanks to the weekly monitoring. A health advocate took her to the doctor who sent her to the hospital. Helen remained in the hospital for an extended period of time. Her nursing student visited frequently. She has since moved to transitional care. Her two sons are determining whether she will be able to return home. The LAH/BNP has been in close contact with both of them through their decision making.

Helen has often said she feels so blessed to have the Como Park LAH/BNP in her neighborhood. She knows she would not have been able to stay in her home if they were not there to help her. She also expressed her appreciation for help with her cellulitis. She does not believe she would have caught it in time if not for the weekly visits.

Send Us Your Stories! If your Program has a news update or story to share, please send an e-mail to