



# Elderberry Institute eNews

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475 Cleveland Avenue North, Suite 322, Saint Paul, MN 55104 • [www.elderberry.org](http://www.elderberry.org) • 1-800-320-1707 • 651-649-0315

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

- Joy Behr, Program Director, Glenville A.G.E
- Eustolio Benavides, Board Chair, Payne/Phalen
- Evelyn Doyle, Board Chair, Hamline-Midway
- Sherri Nelson, Home Health Nurse, Stephen
- Sheri Nordmeyer, Program Director, Willmar

## ***Important Dates***

- 23 October - Elderberry Institute Reality Check Board retreat
- 25 October - Quarterly Services Report Due from all LAH/BNPs
- 25 October - Program Client Story Due from all LAH/BNPs
- 31 October - Quarterly Financial Report Due

New Program Director Orientation Training to be scheduled in November.

## **Elderberry Institute Board Reality Check Retreat Thursday, October 23**

Please contact your CPAC representative with any ideas or concerns you would like them to share with the Elderberry Institute Board at the retreat.

## **Rural and Annual All-Site Conference Materials Now Available!**

The 2008 Rural and Annual All-Site Conferences on September 18 and 19 were a great success! The conferences returned to Saint Cloud this year and were held at the Kelly Inn-St. Cloud Hotel. Both days were filled with helpful and thought-provoking workshops ranging from Medication Therapy Management to Board Leadership.

Most LAH/BNP programs were represented along with some representatives from other home and community-based service organizations. Plans for the location and time for next year's conferences will begin soon.

Conference documents, including notes and handouts are available at

[www.elderberry.org](http://www.elderberry.org) under "Breaking News".

A huge thank you goes out to all the Programs that made it out to the conferences this year and especially to the planning committees for both events.

*Please let us know if you are interested in helping plan next year's events!*

## ***Success Story*** Mankato Hilltop Neighbors LAH/BNP

A call came into our office from a staff member of our local Senior Linkage Line. The staff member was working with a couple who recently moved to Mankato from northern Minnesota to be closer to their children. Sam is in the middle stages of dementia and Sally is his caregiver. Sally was getting very tired and needed some additional help in caring for Sam as he had his nights and days mixed up. Sally found a couple of people to come in and sit with Sam a few nights per week so she could get some additional sleep. She really needed more help than that. A meeting was set up with Sally and her daughter to discuss what could be done to help the family out and still let Sam stay at home. We helped Sally find a day care for Sam to attend and arranged transportation. We found overnight respite so Sally could get some much needed sleep. We also located a couple of facilities which would care for Sam so Sally could visit relatives in the cities for a week at a time without having to worry. The most important thing we did was to encourage Sally to attend the local support group for those caring for people with dementia. She decided to attend and we arranged transportation. A follow up several weeks later found Sally happy and healthy and better able to cope with her day to day care giving duties.

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