

Granite Falls Living at Home/ Block Nurse Program Newsletter

Helping Seniors stay in their own Homes

Phone 320-564-3235

Spring 2020



*Look who stopped by the office! Kelly is back!!!
...well almost. Kelly will be back soon!!!*

Sometimes, Life is just a bowl of pits!!!

Every morning my husband greets our St. Bernard, Lola, with some absurd and often funny comment. "Life is just a bowl of pits" was one of his greetings last week. He said that for right now, because of the **stay-at-home order**, he may not be able to get his morning cup of coffee in town.

I'd like you to **focus on the right now** part. This tells me that current situations will not last forever and there certainly is hope that we will be back to normal soon!

The **Living At Home Block Nurse Program** phone line will remain open along with limited office hours. We are praying for all our clients and volunteers. **We look forward to seeing you when things settle down!** ...

... As many of you know I slipped and fell on the ice, fracturing my tibia, last December. I have been out of the office all winter. Thank you for your kind thoughts, cards, telephone calls and gifts! **We have an awesome community** that we should not take for granted. Please remember to be careful. Especially on the ice. Do as I say, not as I do! **—don't fall**

My social isolation lasted all winter and now into the spring. I have learned many lessons—most importantly, **have gratitude every day**. Look for a positive, connect with someone every day. Telephone and electronic means are great! Structure your day with activities. Look inside this newsletter for some ideas. You will also find some tips we hope will be useful for you to use through this time. Finally, **there is a silver lining** to be found. **Kim Kranitz-Savig offered to help as I recovered and... has agreed to stay after I return!!! Welcome Kim!!!**



Kim Kranitz-Savig is pictured getting a hug (photo taken before social distancing measures went into effect) from one of our program's friends, Melissa Montelone

Be a Germ-Buster

WASH YOUR HANDS



Gentle Fitness Exercise

is on pause but don't pause staying active.
When the weather is nice just going outside
can offer a little exercise for the day

Caregiver Support

Diabetic Support

support groups are on pause
but we are looking into alternative ways to
share during this time of physical distancing

OTHER SERVICES AVAILABLE

ALMICH'S Grocery Delivery: M, W, F
Dinner at your Door: daily M-S
FOOD BANK: Every Wednesday

Looking for something to do?

Read a Book! Watch a movie!
Do Sudoku and Puzzles! Play Games!
Do Bible Studies!
Exercise...Exercise...Exercise...
Call a friend! Take a Walk!
Complete your Census form (if you haven't)



The Building Bridges Choir
will resume regular rehearsals
as soon as small groups can gather, again
For more information phone the Living at Home Block
Nurse Program at 320-564-3235 or Building Bridges
Director Jan Lerohl at 320-564-0947



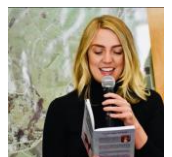
The Heart-2-Heart Memory Café
will resume monthly gatherings
as soon as small groups can gather

For more information phone the Living at Home Block
Nurse Program at 320-564-3235 or Senior

CRAFTING MEMORIES

writing workshops

The second group of the first sessions in a series of
writing and storytelling **workshops by Poet Lauren**
Carlson was just getting underway when the Covid-19
stay at home order came. **Call the office** at 320-564-
3235 or watch our Facebook page for more
information.



...from Mark's Corner.

Although, I am not old enough to remember the **1918 flu pandemic**, I do know a number of people who lived through the **Polio epidemic**. As terrible as this Covid-19 Pandemic is, aren't we fortunate it is not as deadly as either of those health catastrophes? Hopefully, by practicing social distancing and staying at home we can avoid the kind of widespread outbreaks taking place in our nation's larger cities. Who knows, with a little luck the virus spread will diminish with the long summer days.

The good news is that before it has infected a person, the **Covid-19 virus is somewhat easy to kill**. Simply **washing your hands and keeping hard surfaces disinfected** help protect you from the spread. **Staying at home and practicing physical distancing** reduces the likelihood you will come into contact with the virus.

While that will help in avoiding Covid-19, it makes it hard to stay occupied. At GF-LAH/BNP, we are looking for alternative ways to bring our programs to you. We will be posting on Facebook, sending emails and making phone calls. So, stay tuned and don't hesitate to call us if you have any needs or suggestions. We cannot provide rides or come into your home during this crisis but we can help see that you stay connected with your social network. And, we are **looking forward to** the day we get the green light to gather together again so we can **pick up where we left off**.
Won't that be great!!!

Finally, it's been said before but it is true. **We have an amazing community!** We have the best volunteers doing an outstanding job helping with whatever the task might be. Currently, we have a team sewing facemasks!!! We have the best clients, who brighten our day each time we have the privilege of providing assistance. And, because of the financial support we receive from local organizations, churches and individuals, we are able to receive grant funding from these fine organizations.

Stay Healthy, Live Well and Be Well!!!



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, given through community donations and memorials. Your support is greatly appreciated.

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 appreciate that you understand the need and great demand for our services. We thank you for your support!

Your name: _____

Address: _____

City, State, Zip _____

Email address: _____

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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