



Sharing the Health

NOKOMIS HEALTHY SENIORS

4120 17th Ave. S., Minneapolis, MN 55407

www.nokomishealthyseniors.org

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Carbon Monoxide Poisoning Prevention Let's Get Smart!

References: EPA Carbon Monoxide Poisoning Fact Sheet; Health and Safety Executive UK Carbon Monoxide Awareness

Do you know that carbon monoxide (CO) is the most common cause of poisoning death in the United States? Approximately 500 deaths and 15,000 visits to the emergency room occur annually due to unintentional CO poisoning. Older adults over 65 years of age are especially vulnerable to unintentional CO poisoning, as they're more likely to have other medical conditions. Persons living with chronic heart disease, anemia, or respiratory problems are more susceptible to its effects. Older adults more frequently have these pre-existing conditions, which lower their tolerance and increase the risk of a fatal exposure.

Carbon monoxide (CO) is a colorless, odorless, tasteless, poisonous gas produced by incomplete burning of carbon-based fuels like natural gas, propane, kerosene,

charcoal, wood, and coal. Devices that produce CO include cars, boats, gasoline engines, stoves, and heating systems. If such appliances are not installed, maintained, and used properly, then CO from these sources can build up in enclosed or semi-enclosed spaces.

What to do

If you think you've been exposed to Carbon Monoxide (CO):

- Get fresh air immediately. Open doors and windows and turn off stoves, ovens, heaters, and similar appliances and leave the house.
- Call a poison center immediately at **1-800-222-1222**. The poison experts there will let you know if you need to seek further medical attention.

CO is so dangerous because it isn't obvious that it's causing you not to feel well. CO is called the "silent killer" because if these early signs are ignored, a person may lose consciousness and be unable to escape the danger. Symptoms include:

- Mild to severe headaches
- Breathlessness with moderate exercise
- Flu-like symptoms
- Dizziness
- Tiredness
- Nausea
- Confusion
- Irritability
- Impaired judgment
- Memory and coordination problems

If you or your family members are experiencing any of the above symptoms and you believe CO may be involved, you should:

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Herb Nelson, a Heck of a Guy

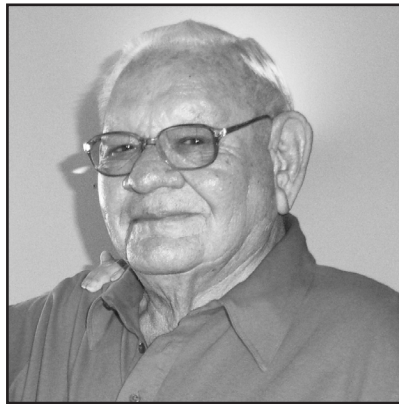
By Janet Myers

“Let me tell you something . . .”

Julie Toth—and many of us—can hear Herb Nelson saying that. Herb died in January, and he will be sorely missed by his family, friends, and all of us who support Nokomis Healthy Seniors. We will continue to hear him in every interesting story and life lesson. And we will remember him as we continue to advocate for safe and healthy lives in this community of neighbors and elders.

Herb was involved in Nokomis Healthy Seniors from the beginning and served on its board from 2007 into 2014. Herb also served on the Senior Citizen Advisory Committee to the Mayor and used that forum to advocate for making it easier for seniors to live at home.

In the 10th Anniversary (2004) edition of Nokomis Healthy Seniors’ *Share the Health* newsletter, he reflected on his interest in NHS: “A few years ago, I joined the Medicare study in South Minneapolis to



see if, with a little help, more seniors could stay in their homes. After the study was completed the program continued as Nokomis Healthy Seniors. I have blood pressure problems, and the dedicated nurses check my blood pressure weekly and advise me when I should see my doctor.

“When speaking to my elected officials about funding for the program I always mention that, because of the Nokomis Healthy Seniors program, I am alive and I am able to vote for them.”

Becky Beeskow in the NHS office probably saw more of Herb than a lot of us. She can’t settle on one favorite story, but “enjoyed all the visits that I had with him over the years. He was such a sweet man. I enjoyed hearing about his family, his love for polka music, and growing up on the farm with all girls. He would tell me of the times he would take his mother and sisters shopping. He was the driver. He hated shopping, so

Continued on following page



“I rode with Herb on the back of a convertible during the St. Helena’s Autumn Daze Parade. We had so much fun!”
—Martha Marlowe

Memories of Herb

“Herb had such a way of relating to people and finding connections. It was such a gift but he never saw it that way. He would always tell people how NHS saved his life. Herb was such a supporter and advocate for NHS and we’ve always been so thankful for that.”

—Megan Elliasen

“I miss him every Thursday!”

—Martha Marlowe

“He always asked me if I’d been to my hometown recently (Renville), as Herb was from nearby Cottonwood. . . . When Herb was in the service he would get eggs from the Marshall Produce Co. and I was working there at the same time. Small world.”

—Dolores Aldous

A Moment with Megan

By Megan Elliasen

Spring is in sight, the temperatures are warming up, and the birds sound happy! With such a cold winter, I am really looking forward to the good weather. I have finished my late winter routine: I went to the library and found the brightest gardening books I could find, started seedlings, and now I am planning for the Nokomis Healthy Seniors' Third Annual Plant Sale. If you like to garden, please think about buying plants from our plant sale on May 14th and 16th. There are even beautiful hanging baskets and gift cards. Call the NHS office at (612) 729-5499 for a plant sale order form.



With spring coming on, you might have started thinking about spring cleaning. On Wednesday, April 8th at 1:30pm, please join us for a class on making your own non-toxic cleaners at Nokomis Square Cooperative (5015 35th Avenue South). All are welcome—I hope to see you there!

Speaking of cleaning ... our annual Clean-A-Thon is coming right up! On the morning of Saturday, May 16th we'll assist seniors of our neighborhood with some spring cleaning tasks. We're looking for volunteers to assist with indoor and outdoor cleaning (weather permitting). Can't join the cleaning? Please donate instead! This is a fundraiser *and* a service event—please help in whatever way you can!

Lastly, this January the Nokomis Healthy Seniors Program lost one of its strongest supporters. Herb Nelson was one of the earliest participants in the program, and he would tell anyone who listened how the program helped him. He went on to become a volunteer driver and then a board member. As part of the Minneapolis Senior Advisory Council to the Mayor and City Council, he would inform the Mayor of the good work that NHS was doing and advocate for city support for its senior residents. Herb was a great friend of the program and we are so thankful for all that he did for the seniors of Minneapolis. I know I speak for NHS staff, volunteers, and seniors when I say he will be *greatly* missed.

Chair Exercise Starts Thursday, April 9th

Do you have trouble with your balance? Do you have a hard time standing on your feet? Are you finding it difficult to exercise? Nokomis Healthy Seniors is looking into starting a chair exercise class. The class will be on Thursdays from 11:00 to 11:30 am. If you are interested, please contact Becky at (612) 729-5499.

Herb Nelson (cont. from previous page)

he would drive them there and bring a book to read or find someone to sit and visit with. He was a very kind and generous person. He was such an advocate and supporter of Nokomis Healthy Seniors. He was always going downtown to talk with elected officials about our program. I even remember one time, at a senior's funeral, that he would talk up our program and even tried to get someone there to come and vol-

unteer with Nokomis Healthy Seniors. He was quite a character.”

Even in death, Herb is our cheerleader and advocate—his obituary states that memorials are preferred to Nokomis Healthy Seniors and Bethel Lutheran Church.

(Obituary: <http://www.startribune.com/obituaries/detail/58755/?fullname=herbert-elwood-nelson>)

IT'S A FACT

Cats have more than one hundred vocal sounds, while dogs only have about ten.

CO Poisoning Prevention (cont. from page 1)

- Get fresh air immediately. Open doors and windows and turn off stoves, ovens, heaters, and similar appliances and leave the house.
- Call a poison center immediately at 1-800-222-1222. The poison experts there will let you know if you need to seek further medical attention.

If you think that you are safe from CO poisoning because your South Minneapolis home is old and drafty, think again. CO alarms can save lives and are inexpensive and easy to use (often plugging into an electrical outlet). Yet less than one third of American homes have them installed. These simple tips will keep you safe from CO poisoning:

- Install CO alarms near sleeping areas.
- Have heating systems and fuel-burning appliances checked annually.

- Look for these signs of incomplete combustion in appliances:
 - Yellow or orange rather than blue flames
 - Soot or yellow/brown staining around or on appliances
 - Pilot lights that frequently blow out
- Avoid the use of non-vented combustion appliances.
- Never burn fuels indoors except in devices such as stoves or furnaces that are made for safe indoor use.
- Be attentive to possible symptoms of CO poisoning.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Sign up for *A Matter of Balance*

NHS will be offering a *Matter of Balance* class again in April–May. *A Matter of Balance* is a series of 7 classes (April 1, 8, 22, 29 and May 6, 13, 20) that are designed to help seniors strengthen themselves to have better balance and prevent falls. All classes are on Wednesdays from 10am – 12 noon. There is a \$25 fee for the course. Please call the office at (612) 729-5499 to register.

Nokomis Healthy Seniors Wish List

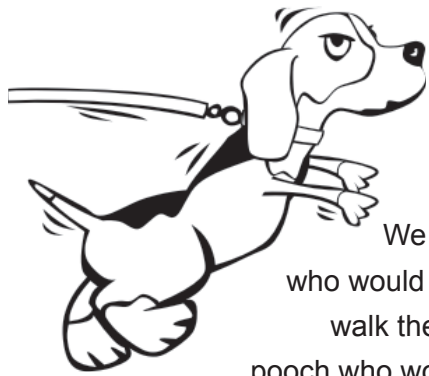
NHS operates mainly on donations—please help if you can! Here’s what we are wishing for right now:

- Gift cards to Target, Cub, Walmart, etc.
- Seniors who want to write for the newsletter
- Bingo prizes
- Buttons for craft projects

Our biggest need right now is DRIVERS

If you have a car and are willing to drive even just occasionally to the doctor, grocery store, or pharmacy, we’d love to sign you up as a volunteer driver. Our volunteers drivers are what make NHS go!

Contact Becky at (612) 729-5499 if you can help.



Got a pup who needs a walk?

We have two volunteers who would love to help a senior walk their dog. If you have a pooch who would appreciate extra exercise or know a senior with a dog who might benefit, please contact Becky at (612) 729-5499.

Legacy Giving

One way to help the mission of Nokomis Healthy Seniors is to remember NHS in your will or as a memorial in memory of loved ones. Just add our name and the amount: Nokomis Healthy Seniors Program, Minneapolis, MN (tax ID 41-1889344). Please call our office at (612) 729-5499 if you'd like more information. *And thank you so much for your support!*

FREE SAFETY CHECK FOR SENIORS

The Household & Outside Maintenance for Elderly (HOME) Program of Senior Community Services is offering a no-cost Home Assessment to evaluate the safety of the homes of senior citizens as part of a grant through the state of Minnesota. We will check out your need for handrails, grab-bars, smoke detectors, lighting, and other safety components. Elders aged 60+ residing in suburban Hennepin County and Minneapolis are eligible for this limited time offer. No sales. For more information contact 952-746-4046 or email home@seniorcommunity.org.

Senior Community Services is a nonprofit organization with five programs, including HOME, which serves seniors and caregivers in Hennepin County. Our website is seniorcommunity.org.

www.nokomishealthyseniors.org

NHS Weekly Calendar

MONDAYS

10–10:45am Exercise at Faith Church

TUESDAYS

10–10:45am Exercise at Bethel Church

WEDNESDAYS

10am Women's Art Group at Bethel

10–11am Yoga at Bethel Church

11am–Noon Blood Pressure Clinic, Riverview Apts
(Second Wednesday only)

1:30pm Health and Enrichment Program (Second Wednesday only) at Nokomis Square

3pm 55+ Book Club at Nokomis Public Library (First Wednesday only)

Pedicures at Nokomis Square (call for appt.)

THURSDAYS

9:30–11:30am Nurse Is In at Bethel Church

10–10:45am Exercise at Bethel Church

10am Low Vision Support Group at Nokomis Square
(Second Thursday Only)

11–11:30am Chair Exercise at Bethel Church

Noon–1pm Blood Pressure Clinic at Standish Green
(Fourth Thursday only)

1pm Caregiver Support Group at Bethel Church (Fourth Thursday only)

FRIDAYS

1–3pm Diabetes Support Group at Nokomis Public Library (First Friday Only)

Locations

Bethel Church,
4120 17th Ave S
Faith Church,
3430 E. 51st St.
Nokomis Public Library, 5100
34th Ave S
Nokomis Square,
5015 35th Ave S

NHS Special Events 2015

(all events at Bethel Church)

Annual Clean-A-Thon

May 16

PLANT SALE ❁

May 14 and 16

Lunch & a Movie

(Lunch starts at 11:15 am; movie to follow)

April 30, July 30, October 29

BINGO/Social Parties

(Starts at 11:00 am)

March 19, June 11, Aug. 27, Nov. 12

Holiday Party

December 17

Health and Enrichment Programs at Nokomis Square Cooperative

All programs are free (unless otherwise noted) and open to the public. They are held at Nokomis Square, 5015 35th Ave S.
Beverages and treats are provided. If you need a ride to any activities please call the NHS office at (612) 729-5499.

April 8

1:30pm

“Making Non-Toxic Cleaners”
Hennepin County Environmental Services & Nokomis
Healthy Seniors

June 10

1:30pm

“Acupuncture, Aromatherapy, Massage and More for
Pain Control and Relaxation”
Eastern Shores

May 13

1:30pm

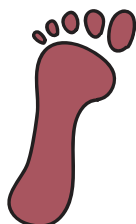
“E-Books and Audio Books: How Do They Work?”
Amy McNally, Senior Librarian, Hennepin County
Library, Nokomis

July 8

1:30pm

“Nutrition for Seniors”
Mia Bremer, Dietitian

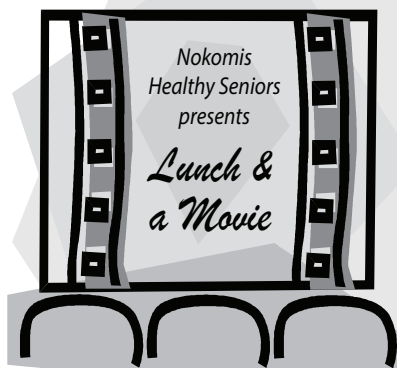
Visit www.nokomishealthyseniors.org for other upcoming events



Kudos for Foot Care

We recently heard from someone who had foot care from our nurse Joan. She told us she hasn't felt this good in 20 years, and that Joan did a wonderful job. She said she feels healthier, and her feet fit better in her shoes. She's never had foot care before and didn't realize what a difference it could make.

This client learned about our foot care from the newsletter. She has lived in the area all her life, and thanked NHS for making a difference for the seniors of our area. Call (612) 729-5499 for an appointment. There is a fee.



Join us for *Lunch & a Movie!*

Singin' in the Rain



April 30th, 11:15 am (lunch then movie)

Call the office to reserve your spot.

THE GOOD OLD DAYS

Grandpa was telling his young grandson what life was like when he was a boy.

“In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm.”

The little boy was amazed, and sat silently for a minute. Finally he said,

“Granddad, I wish I'd gotten to know you a lot sooner!”

Nurse Is In

You can get your blood pressure checked, consult with a nurse, or schedule a pedicure. You can also just stop in to chat over a cup of coffee and baked goods. The clinic is free, but there is a \$30 charge for a pedicure.

When: Every Thursday morning from 9:30am to 11:30am at Bethel Evangelical Lutheran Church, 4120 17th Avenue South.

Exercise Classes

NHS offers exercise classes Monday–Thursday at Bethel Church, 4120 17th Ave S, unless noted.

Exercise: Mondays (at Faith Lutheran, 3430 E. 51st St.), Tuesdays & Thursdays (at Bethel), 10 to 10:45am.

Chair Yoga: Wednesdays (at Bethel), 10 to 11am.

Chair Exercise: Thursdays (at Bethel) 11–11:30 am.

All classes are tailored to each participant's abilities. A donation of \$2 for exercise is appreciated. Yoga is \$4 per class.

Support Groups

These groups are free and open to the public.

Diabetes Support Group

Nokomis Public Library, 5100 34th Ave. S
The first Friday of each month, 1:00–3:00pm.

Low Vision Group

Nokomis Square Cooperative, 5015 35th Ave. S
The second Thursday of each month at 10:00am.
Facilitator: Vision Loss Resources representative

Caregiver Support Group

Bethel Lutheran Church, 4120 17th Ave. S
The fourth Thursday of the month at 1:00pm.
Open to all who are caregivers for loved ones.

Bathing Assistance?

We partner with Fairview Home Care for all our seniors' nursing home care needs. Fairview has a Community Wellness Division that will provide an hour-long visit for a bath for Nokomis Healthy Seniors clients at a substantially reduced cost. Please call the office at (612) 729-5499 for details.



DO YOU KNOW THE SERVICES WE OFFER?

Home Care by RNs and Home Health Aides

- Assessments and health teaching
- Personal care—bathing assistance, light housekeeping, and foot care
- Medication management

Senior Helpline

- Referrals and resources for almost any need
- Handyman help

Support Groups, Health, and Education

- Caregiver support group
- Low vision and diabetes support groups
- Monthly health programs
- Weekly exercise and yoga classes
- Weekly women's group

Blood Pressure Clinics / Nurse Consultation / Health Support

- Nurse Is In* blood pressure clinic (Thurs. am)
- Riverview Apartments (second Wed./month)
- Standish Green (fourth Thurs./month)
- Health and Enrichment programs (second Weds./month)
- Foot care, by appointment, Thursdays or in-home

Transportation

- Medical/dental appointments
- Other transportation needs

Volunteer Matches

- Friendly visiting, grocery shopping, dog walking

For information on any of these services, please call the NHS office at (612) 729-5499



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Flex your cleaning muscles—it's time for the Annual Nokomis Healthy Seniors Clean-A-Thon! Are you ready to form a Clean Team? Or sponsor a team? Please call the NHS office at (612) 729-5499 to join in the fun!

Cleaning never felt so good!



NHS is on Facebook! Search for Nokomis Healthy Seniors and LIKE us while you're there!

Plant Sale

**Thursday, May 14,
9:30–3pm
Saturday, May 16,
9–11am**

Call Office for Order Form



For the latest information, VISIT www.nokomishealthyseniors.org