



Office Hours

Mon.-Thurs. 9am-3pm
Friday 9am-12:00 (noon)

Masks are required when coming into the office.



Staff

Connie Carmichael
Executive Director

Susan Kalm
Eldercare Services
Coordinator

Jill Grimes
Caregiver Support Coach

Betsy Meyer
Dementia Friendly
Community Coordinator



Board of Directors

Kristin Gilmore
Sarah Luther
Kim Donahue
Linda Leckner



The Senior Hub

Living at Home of the Park Rapids Area

732-3137



Autumn is here!

Fall 2020

Our highlights this summer and fall have been many in spite of COVID-19. We continue to serve in so many wonderful ways. Living at Home is blessed with top notch volunteers and our care receivers are among the happiest and sweetest people I have ever had the pleasure of knowing. In the last six months we have been tasked with finding new ways to provide services to seniors. One way we have done this is by mobilizing volunteers to call and check in on seniors on a regular basis. Sometimes they are weekly calls to ask if their basic needs are being met and just to chat. For many seniors this is their only socialization. I would encourage everyone to call your neighbors and friends and ask them if they need anything. Outdoor patio visits have been a great relief for many but with colder weather and winter fast approaching that will no longer be an option. Although our winter services may be reduced or look a little different we still want to make sure basic needs are being met. Please feel free to tell your senior friends and neighbors to call us if they need something.

Even though we cannot do in-person presentations to help raise awareness of our program we continue to spread the word of the services we offer and that help is just a phone call away. Some of our services have been suspended because of COVID-19 but we do provide transportation to medical appointments and try to meet the basic needs by doing shopping/errands for seniors and deliver to their door. We often say that if Living at Home can't help we will find someone who can. We are all about keeping seniors in the home of their choice for as long as **safely** possible. We are a hub of resources in and around our community.

We specifically use the word **safely** for a reason. We work so closely with our care receivers we often see safety issues before they do. We encourage good safety decisions and provide resources when personal safety comes into question. These conversations are very difficult to have but as we age it becomes clear that at some point we must make certain decisions for safety reasons. Perhaps you live a good distance from town and cannot drive anymore, let alone plow the driveway and shovel the sidewalks in our harsh winters. This is hard work and we all deserve a break with the hard stuff. Maybe the decision is simply to hire someone to take care of these things for you or maybe it is time to think about moving to town. Living at Home can help with these transitions in life so that they remain your choices. The best part is that Living at Home can provide our services wherever you live, whether it be in the country, a house in town, an apartment or assisted living.

Connie
Executive Director



Living at Home is located in the TSZ Law Office
120 Main Ave N
Mail: PO Box 465 Park Rapids, MN 56470



IPAD Program

Living at Home is continually looking for ways for seniors to stay connected to family and friends. We have purchased 15 IPADS to check out to the seniors in our community for up to a year at no charge. We have a technology coordinator on staff that will deliver it to you and show you how to use it. This also includes a year's worth of internet or data service at absolutely no charge to you! If you would like to know more about this awesome opportunity to stay connected with family and friends, order groceries online, conduct doctor e-visits, join Facebook, and much more, through the use of technology please call our office to get signed up. This project is made possible in part, under the Federal Older American's Act through a contract with the Dancing Area Agency of Aging under an Area Plan approved by the Minnesota Board on Aging.

Dementia Friendly Community

Living At Home has long supported individuals with memory loss, and their caregivers, through caregiver support and coaching, volunteerism and connection to local resources. Thanks to a generous grant from The Minnesota Board on Aging, and in partnership with local community individuals and organizations, LAH will enhance that service delivery through education, awareness and resources.

The Remember Project, an organization built on the foundation of using the arts to end the stigma of memory loss, has selected Park Rapids LAH as one of five rural Minnesota communities to bring their memory loss awareness campaign to. The Remember Project has produced three short plays that will be streamed online via Zoom. The first play, "Steering into the Skid" has been produced and recorded, and will be coming to the Park Rapids Area in just a few short weeks. We don't want to give too much away about the play, and will share how dynamic and poignant the play is. We've had the opportunity to view it, and were inspired by the powerful messages sent through "Steering into the Skid." We are excited to bring this to you. More information about attending this play will be shared with you through the news media, Facebook and mailing. Coming soon.

We are also working on an updated Dementia Friendly Community Resource Packet. Once completed, this packet will contain information and resources for local, state and national service providers. The information contained within the resource packet will also be available on our webpage, also in development.

In an effort to connect our community with memory loss programs and resources, these are our first steps we are taking in creating a Dementia Friendly Community in Park Rapids. It is our privilege to connect with you and continue this conversation, now and into the future.

Betsy Meyer, Dementia Friendly Community Coordinator

Caregiver Discussion Group
Meets the 3rd Wednesday each month from 1:30-3:00. Call for more information.

Partnership with Disabled American Veterans (DAV)
Due to the very generous donation from our local DAV chapter we are able to provide transportation and respite care free of charge to local veterans and their families. Please call the office to learn more!

2020 Census

As of September 17, 2020, Hubbard County has a 48.6% response rate for the 2020 Census. 2020 Census enumerators are out and have until September 30 to reach households that haven't completed the count. To be sure you are counted, anyone who has not completed the Census form can still do so themselves through the Census Bureau online at [2020Census.gov](https://2020census.gov), by phone at 844-330-2020, or by mail, if you complete and return the paper form you've received by mail or in person, at the address provided. Hubbard County receives federal funding, over the next ten years, based on the Census count. In addition, critical representation in Congress (now eight districts in Minnesota) and County Commissioner district lines are determined by the count. **If you need help filling out your Census please call us, we can help! Be Counted! YOU COUNT!**

VOLUNTEER



If you have an extra hour a week or even a month, call the office and talk to Susan about making a difference in the community by volunteering. It is rewarding beyond measure. We would love to have you on our team!