

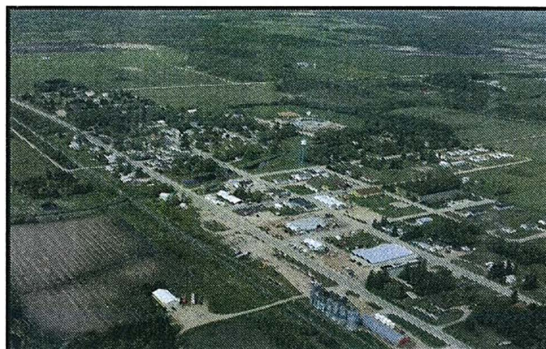
## STATEWIDE MODEL

The Living At Home/Block Nurse Program (LAH/BNP) was initiated by local citizens in 2001 due to concerns about the coordination of services for elders. Community residents in St. Paul came together to discuss the needs of their senior neighbors and what emerged was a unique non-profit program that coordinates volunteers and health professionals from the community to help their older neighbors and loved ones stay in their homes. This award-winning social and health service model is found in over 40 MN towns and also in North Dakota, Ohio and Texas.

**"MYRTLE" LAH/BNP is operated by  
a LOCAL BOARD OF P**

**Specialized technical support for all  
LAH/BNP Programs is provided by  
Living at Home Network  
located in St. Paul, MN**

Your Living At Home  
Block Nurse Program is  
non-profit & community-owned



**If you want to...  
RECEIVE ASSISTANCE,  
VOLUNTEER, CONTRIBUTE to  
LAH/BNP with your financial gift  
or you WANT TO LEARN MORE...  
WE WELCOME YOUR CALL OR  
VISIT!**

**Middle River - Thief Lake  
Living At Home/Block Nurse Program**

**P.O. Box 94**

**Middle River, MN**

**Phone: 218-222-4466**

**Email: [mrtlahbnp@wiktel.com](mailto:mrtlahbnp@wiktel.com)**

**Fax: 218-222-4006**



**Myrtle Tree  
Symbol of Living Life Well**

**Middle River-  
Thief Lake  
Living at Home  
Block Nurse  
Program  
"Myrtle"**

**Providing Volunteer &  
Professional Assistance  
so elders may live at  
home & remain safe,  
independent and  
socially involved in our  
communities.**

**218-222-4466**

## PROGRAM INFORMATION



**"MYRTLE"**  
Living at Home Block Nurse Program helps elders, age 62 and older as well as people with disabilities.

Your Living At Home Block Nurse Program BEGAN providing services in 2002.

Myrtle's SERVICE AREA is within the old M.R. School District boundaries; including Middle River, Thief Lake and Gatzke.

There are over 200 seniors over age 62 living in the 11 township service area.

Nearly half of these people have received DIRECT SERVICES while others have been helped in GROUP ACTIVITIES such as health education and social events.

Over 70 persons (of all ages) compassionately volunteer their time and talents.

## SERVICES OFFERED

Assist with shopping and errands

Transportation to medical appointments

Accompaniment to appointments

Delivery of noon meals

Block Nurse Clinics  
(flu shots, cholesterol, blood sugar, hemoglobin & blood pressure screenings AND foot care)

Telephone check-ins

Friendly visits

Small chores inside or outside the home

Activities including Bingo and Exercise / Bone Builders  
(open to all)

**AND MORE!!**

## THE GIFT OF VOLUNTEERS

Your Living at Home/Block Nurse Program helps elders through volunteers.

Consider volunteering today. Persons of all ages and with various interests and abilities are needed.



**"VOLUNTEERS DON'T NECESSARILY HAVE THE TIME, BUT THEY HAVE THE HEART."**

One hour a year or one hundred hours a year—it is up to you. Every hour counts!

**"Help one another; there's no time like the present and no present like the time."**

James Dunst