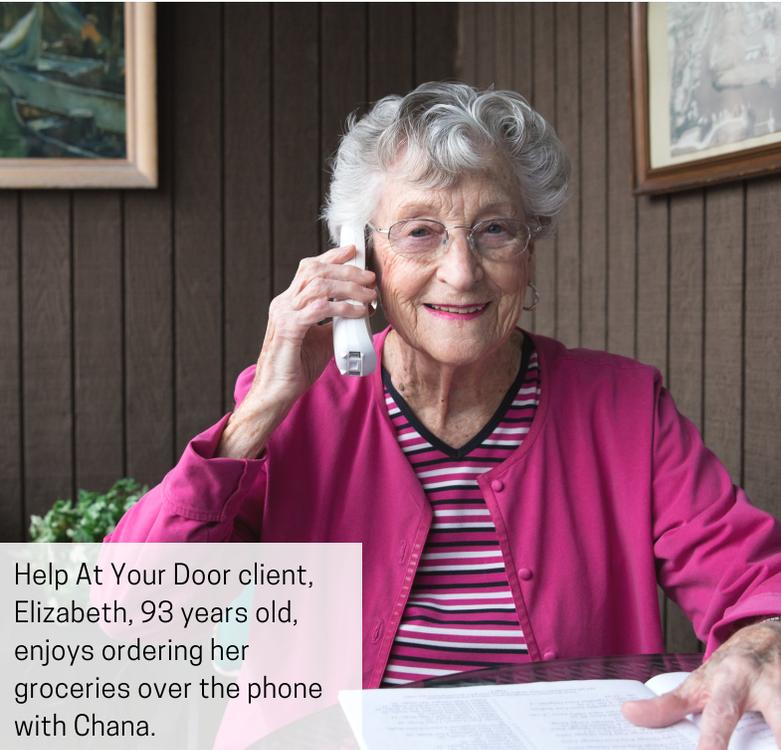


Spring 2017 Newsletter



Help At Your Door client, Elizabeth, 93 years old, enjoys ordering her groceries over the phone with Chana.



Volunteer Order Taker, Chana Weaver, is dedicated to calling Help At Your Door clients, including Elizabeth, for an hour per week. She can even volunteer from Florida!



Bringing Help and Hope From Across the Country

With Help At Your Door's Order Taker Volunteer Role

The vital work of Help At Your Door is made possible through the generosity of volunteers. Our team is comprised of volunteers who contribute their unique backgrounds, talents, time and skills - for one common purpose, *to help seniors in need.*

Help At Your Door Volunteer Order Takers develop ongoing relationships over the phone with older adults or individuals with physical disabilities while helping them to remain living at home. For most seniors, it's a basic need like groceries, provided by our Store To Door Grocery and Delivery service, that means the difference between moving to a senior living facility or being able to stay in the home of their choice.

One order taker, Chana Weaver and client Elizabeth, age 93, have been paired over the phone for more than a year and have become friends from afar.

"Since I am in Florida for seven months out of the year, Elizabeth shares with me what is going on in Minnesota," says Chana. "Our conversations

throughout the past year have made our time together more personal. I look forward to learning more about Elizabeth with each call, she approaches life as if the glass is always at least half full."

Elizabeth explains, "I feel like Chana and I have gotten to know each other pretty well. She is very pleasant. It's nice to just spend time and be with a younger person."

Chana also states "When you call as an order taker, not only are you making new friends, but you are helping someone maintain independent living!"

You Can Help From Afar

Join our volunteer team as an Order Taker and make a huge difference in the lives of seniors!



Helping seniors and individuals with disabilities maintain their independence and continue living in their homes.

Creating a community where aging is a positive experience.



A Friendly Hand
to help you stay
in your home.

Executive Director's Note

When I think of the coming of spring, my mind wanders to new leaves budding on trees, flowers pushing their way out of the ground, and the birth of baby animals. This spring, I am also excited by the growth happening at Help At Your Door. This growth has been spurred on by new services and opportunities to connect seniors and volunteers in enhancing the lives of elderly adults and people with disabilities.

This past winter we kept busy. From December to the end of February, our Help At Your Door team made 6,974 personal phone contacts and home visits, filled 3,487 grocery orders, welcomed 78 new client to our services and 19 new volunteers to our dedicated community. We also launched the first of what we hope will be many food drives.

In addition to our continued efforts to bring needed food to area seniors, this spring we are gearing up to help as our Handyman Services will be assisting with spring-cleaning tasks and in-home maintenance to ensure that those who need a hand can continue living in their own homes.

Any season, is a great time to reflect and appreciate. It is here that I once again would like to thank all of you. Our services are only able to happen because of the support and commitment of compassionate individuals like you. Thank you for supporting Help At Your Door and those we serve.

Karen Cotch
Executive Director



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Volunteer Group Opportunities

Do you have a group of co-workers or friends looking for a fun and meaningful volunteer activity? We've got you covered. Choose from a variety of available options for ways to get out of your house and get involved with our welcoming volunteer community this Spring:

BAGGING GROCERIES

Help spread the word about our services to potential volunteers and clients while bagging their groceries at the store! You'll bag and provide a brochure for customers, and an information table staffed by a knowledgeable outreach volunteer will be available for any follow up questions.

SPRING CLEAN UP

Enjoy some fresh air with your group, while helping a senior spruce up their yard for the changing season with tasks such as weeding, planting or minor landscaping.

EMERGENCY FOOD SUPPORT

Help seniors stretch their grocery budgets by collecting non-perishable food items. Suggested items include: soups, ready to eat shelf-stable meals, canned meats, canned fruits and vegetables, nut butters, cereal and juice.

BIRTHDAY IN A BAG

Recognize a senior's special day by putting together a small care package. Suggested items include: candy, lip balm, hand lotion, pens, small note pads. Include a note sending your good wishes for their special day. Boxes should be shoebox sized or smaller, and can be wrapped or decorated for extra fun.

If you have questions, please call Help At Your Door's Volunteer Manager Carolyn Swenson at (651) 642-1892.

IN NEED OF VOLUNTEER DRIVERS

We are in need of Drivers, who will help clients that lack transportation to get back & forth safely from their appointments or errands. This Transportation Service will begin in Summer 2017.

Throughout the **7**-county Twin Cities metro.



OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

Upcoming May Events

Save-the-Dates, because you're invited!

Each May, the Administration for Community Living leads our nation's celebration of Older Americans Month, which is something that we celebrate here at Help At Your Door. This year's theme, **Age Out Loud**, is about giving aging a new voice—one that reflects what today's older adults have to say.

Older American's Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today. We believe that we can change how we view aging and how we treat one another and ourselves as we age. Let's amplify the many voices of Older Americans in our own community and raise awareness of vital aging issues across the country. Join us at two different events in May, as we speak up and out loud for Older Americans.



ART AND COMPOSITION EVENT

Student Work: Featuring the Theme "What Does Aging Mean to You?"

MIDDLE AND HIGH SCHOOL STUDENT'S ART & COMPOSITION CONTEST

Join us on May 4, 2017 from 7:00-8:00 p.m. at Ridgedale Library in the Robert H. Rohlf Room for a fun family friendly program, snacks and a "Judge's Contest" where we observe and listen to middle and high school student's interpretations about the theme: "What Does Aging Mean to You?" We encourage you to bring your grandparents or other elderly loved ones in your life to this event.

For more information about any of our events, please visit our website: www.helpatyourdoor.org or call 651.209.1855.

HELP AT YOUR DOOR'S "AGE OUT LOUD" RUN & WALK EVENT AROUND LAKE COMO AT COMO PARK

Show your support for Help At Your Door and older adults in your community at our "Age Out Loud" Run and Walk Event. On May 6, 2017, bring your families and your grandmas and grandpas to meet at the registration booth near the parking lot of Lake Como's Lakeside Pavilion. This is a free event, but make sure to check-in to enter to win prizes. Registration begins at 9:00 a.m. and we will kick off the running and walking at 9:30 a.m.

This all age walk is a fun chance to join together as volunteers, caregivers and supporters to raise awareness about community aging. At the end of the run and walk, stick around for snacks and fun activities. You can even walk a little further and spend some time at the Como Zoo! Join us for a "fun run" and a good cause.



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KEEP IN TOUCH

 information@HelpAtYourDoor.org

 (651)-642-1892

 www.HelpAtYourDoor.org

It's Time For A Little Spring Cleaning

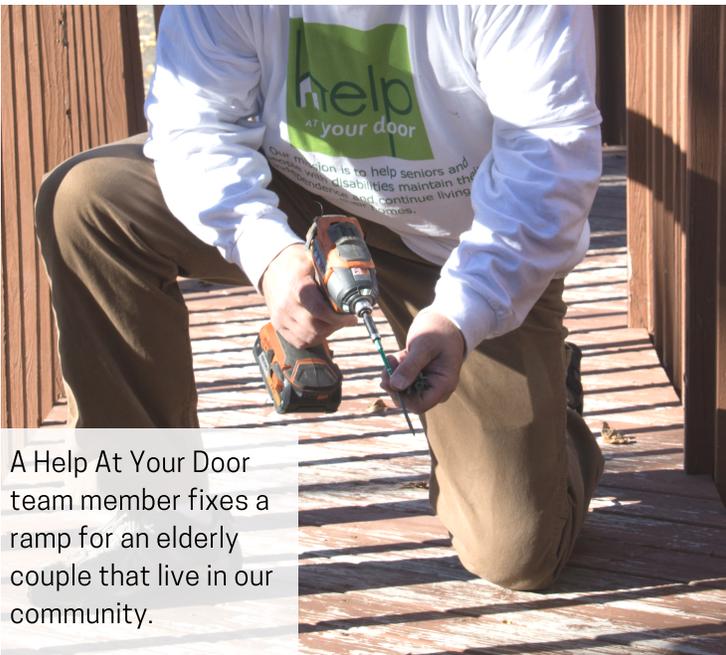
With Help At Your Door's Handyman Services

Do you know any seniors who need help around the home this Spring? If you would like to assist them with preparing for the upcoming season, but live far away or you don't have the time or the tools, send them our way. We would love to help.

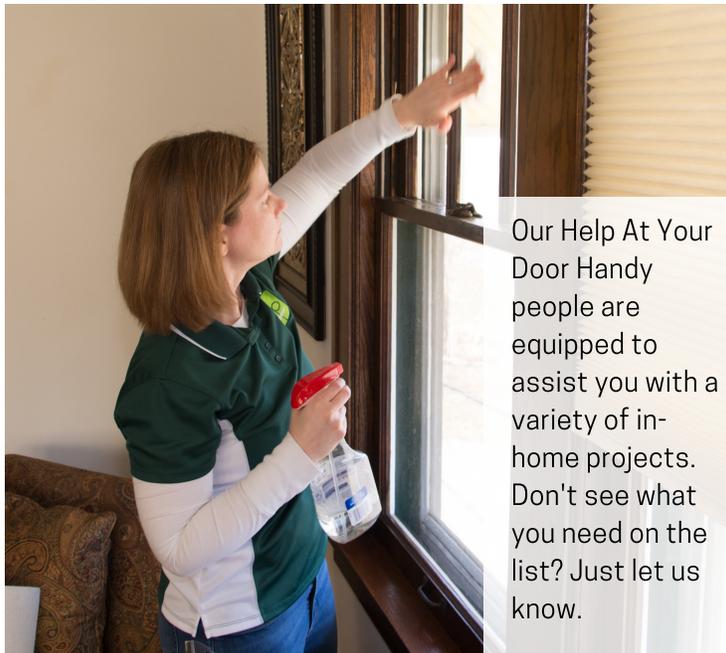
Our trusted Handyman Services will keep elderly adult's homes humming along by offering a variety of Springtime services. Here is a sample of the extensive list of tasks that we offer:

- De-cluttering services
- Screen repair/cleaning
- Fence repair
- Window washing
- Replacing or installing summer screens
- Minor landscaping
- Railing and ramp installation and repair
- Painting - both indoor and outdoor
- Hanging pictures, mirrors, wall decor, curtains and blinds
- Checking or changing carbon monoxide or smoke detector batteries

Schedule Handyman Services Today by Calling: **(651) 642-1892**



A Help At Your Door team member fixes a ramp for an elderly couple that live in our community.



Our Help At Your Door Handy people are equipped to assist you with a variety of in-home projects. Don't see what you need on the list? Just let us know.

Help Seniors Get Ready for Spring

Help At Your Door volunteers Jessica Klitzke (left) and Molly Schlieff (right) help client Darrell, age 72, who just arrived home after two months in the nursing home due to an amputation of his leg.

With a lack of mobility, Darrell appreciates the help of Molly and Jessica as they change light bulbs, wash windows, and assist with other light in-home tasks.



We are currently seeking "handy" men and women volunteers! For more information about our Handyman Services or to sign up to volunteer, visit our website: www.helpatyourdoor.org.



1935 West County Rd B2, Suite 250
Roseville, MN 55113

(651) 642-1892
www.helpatyourdoor.org



Helping seniors and individuals with disabilities maintain their independence and continue living in their homes.
Creating a community where aging is a positive experience.

Support Our Non-Profit Services

Your support plays an integral part in fulfilling our mission to help seniors and people with disabilities maintain their independence and continue living in their homes.

WAYS TO DONATE

Mail your donation.

Send your check, payable to Help At Your Door, to 1935 West County Road B2 #250; Roseville, MN 55113.

Give Online.

Make a one-time gift or become a sustainer with a recurring monthly or quarterly donation online now. Visit: www.helpatyourdoor.org.

Honor Someone.

Give in honor or memory of a special person or important occasion by mail or online. Either that individual, or their family, will be sent a message about your gift.



“Help At Your Door’s services are a life-saver and help us stay in our homes longer. I had to give up driving, and can’t carry heavy groceries anymore, and it’s been just wonderful for me. The volunteers are like family – so many wonderful people.

– Marion, 91 years old
Help At Your Door client for 17 years

