

Spring 2026 Granite Falls Living at Home/ Block Nurse Program Newsletter

Phone 320-564-3235



Michaela Eaton, is the new face in the office, bringing with her a wealth of experience and a strong passion for people-focused work. Michaela's career began at the tender age of fourteen, where she honed her skills in finance, customer relations, collaborating with her peers to establish a solid foundation in the hospitality industry. Her dedication and hard work has been recognized through numerous promotions, accolades, and long-standing friendships within the industry.

Now stepping into a new chapter, Michaela is excited to be part of the Living at Home Block Nurse Program, where she continues her commitment to supporting and connecting with her community. Originally from the Twin Cities, she has recently returned to the place where her family's roots run deep, bringing her journey full circle.

When not working, Michaela cherishes her time with her two sons, creating countless memories that keep her grounded and inspired in her professional pursuits. **Please join us in welcoming Michaela to the team!**

Calling all Volunteers!

Join us at the KCC
Wednesday, April 15th, 2026
For Food, Fun, and Education
Presentation by Abby Richter

9:00am-10:30am

Call 564-3235 to RSVP by
April 8th



Powerful Tools For Caregivers & Dementia Friends

Are you a caregiver for a family member or friend? **"Powerful Tools For Caregivers," Monday April 6th, 1:30 pm at the Granite Falls Senior Center with Laura Eaton, Patient Care Coordinator from Avera at Home** will present multiple ways that caregivers can find resources and support. Laura will review home health eligibility, hospice eligibility, and resources like the Avera at Home virtual caregiver support sessions.

What is the difference between Alzheimer's and dementia? How can I communicate more effectively with someone who has dementia **Join us April 23rd, 1:00 pm at the Granite Falls Senior Center. Laura Thomas, Director of Aging Well at Prairie Five Community Action, will present "Dementia Friends."** coffee and light snacks will be provided. The public is welcome to attend these **free events** made possible by a grant from the Granite Falls Area Community Foundation. **Phone 320-564-3235 for more information.**

FROM KIM'S DESK

Grief is a universal response to loss, encompassing emotional, physical and cognitive reactions and can be understood through stages, types, and coping strategies.

Understanding grief is an emotional response to a significant loss, which can include the death of a loved one, the end of a relationship, job loss, or other life changes. It is not a single emotion but a mixture of thoughts, feelings and behaviors and everyone experiences it differently. **There is no set timetable for grieving** and attempts to suppress grief can prolong the process.

Grief can come in so many forms: sadness, anger, loneliness, guilt, depression, isolation, bargaining and acceptance. Some coping strategies may include acknowledgement, support, commemoration, self-care and mindfulness and reflection.

Finding a place to share how they are coping under similar circumstances can help you move forward in the process of grieving and find new meaning in your life. When you are ready to talk, we are ready to listen. Grief has no time limit and can resurface at any place or time. **You are welcome to our Grief Support Group** by calling Living At Home/Block Nurse Program at 320-564-3235.



Fostering Connections in Later Life

Loneliness and social isolation are serious health risks that are hard to break from. They affect a growing number of people of all ages. And for senior citizens, living alone, experiencing the loss of family or friends, or living with a chronic condition can become risk factors for developing dementia and other medical conditions. **There is hope.** Studies have shown engaging with a social network of family and friends, staying active in your church or civic group and being intentional about diet and exercise can greatly reduce negative risk factors. **The Southwest Initiative Foundation (SWIF)** has awarded GF-LAH/BNP funding through their **“Fostering Social Connections in Later Life”** grant program. A team of local health providers and community organizations has begun working with GF-LAH/BNP in promoting healthy social connections.

There will be a **free informational event** at the KCC on Wednesday, May 27th from 9:00-10:00 am. The **Granite Falls Ambulance Service** will present **“Emergency Preparedness for Caregivers.”** Other local organizations will host informational tables with information on a variety of programs and services. Watch for ads, posters and our Facebook page for more information or **call 320-564-3235.**

SPRING HEALING CONNECTIONS GROUP

“All are Welcome”

Gain comfort and support from others who have experienced a loss

6-Weekly Sessions

Beginning Monday, April 13, 2026

For information contact:

Shelly @ 507-591-0692
Healing Connections Aftercare

Sponsored by:
Wing-Bain Funeral Home
& Granite Falls Block
Nurse Program



Upcoming

EVENTS

SPRING CALENDAR

- ◆ Every Thursday-Building Bridges Choir @ 9:00 am
- ◆ Every Friday-Gentle Fitness at Senior Center @ 9:30 am
- ◆ The 1st Monday-Caregivers Support Group at the Senior Center @1:30. April 6th meeting open to the public
- ◆ Every 2nd & 4th Monday-Bingo at the Senior Center @12:45
- ◆ Every 3rd Monday-Diabetic Support Group at the Senior Center @1:30 pm
- ◆ Every 4th Tuesday, through April –Heart 2 Heart Memory Café at the Senior Center @ 9:00 am. Begins again in September.
- ◆ April 6, Monday, 1:30 pm, Senior Center, “Powerful Tools for Caregivers,” Laura Eaton, Avera HH
- ◆ April 23, Thursday, 1:00 pm, Senior Center “Dementia Friends,” Laura Thomas, Prairie Five,
- ◆ April 15, Wed. 9:00 am, KCC, Volunteer Spring Brunch
- ◆ May 27, 9:00 am , KCC, “Fostering Social Connections in Later Life” with GF-EMS presentation, “Emergency planning for Caregivers

For more information about any of these events please call the office at 320-564-3235 or visit our website lahgranitefalls.org

PROGRAM HIGHLIGHTS

We have a number of special events coming up. We hope to see you at one or more! Tuesday April 27, 9:00 am at the Senior Center, the **Heart2Heart** café will feature Carol Heen sharing the life of native son, “Archie Bush.” Recent programs included Kris Peterson sharing about the “Lee-Mar Ranch” Horse Therapy program and Teresa Peterson telling about “Dakota History and Family Values.” Next season begins in September.

The **Building Bridges** memory choir meets Thursday mornings at St Paul Lutheran church. On Sunday May 17th, at 4:15 pm the choir will perform at GF-Lutheran church for the community dinner. WCCO’s John Lauritsen will air a very special feature of the choir later this spring. Check our Facebook page for an announcement when it will air.

FM Bank, MVTV wireless and the Yes! House gave a **Senior Tech** scam prevention workshop in February. Seniors can now get tech support at the Yes! House Thursdays, at the GF-Public Library or by calling our office at 320-564-3235 for more information.



Your Generous support makes it possible for us to receive additional funding from these Organizations



The mission of the Granite Falls Living at Home Block Nurse Program

Is to help seniors in Granite Falls and surrounding communities, 65 years of age or older, or living with a disability, to live well and safely in their own homes. We call on local volunteers to provide support services such as assisted transportation and friendly visits. We also offer information to help people navigate health changes in their lives. We sponsor programs and events to provide meaningful social interaction and educational programs to help manage chronic illness and other concerns related with aging. If you know anyone who would benefit from our services or if you would like to volunteer with us, **give us a call at: 320-564-3235.**

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 available, given through community donations and memorials. Your support is greatly appreciated. Our program helps seniors stay in their own homes.

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

Your name: _____

Address: _____

City, State, Zip _____

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.-----

The Granite Falls Living at Home/Block Nurse Program

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