



Across the Picket Fence

Get Your Tickets!...

Neighbors in Action (NIA) is proud to partner with Community Education to bring great musical entertainment to the La Crescent Fine Arts Center while raising funds for NIA. "We're excited to offer these entertainment opportunities and we hope the community comes out to enjoy them. These events are a major part of our annual fundraising efforts," says Sandy Graves, NIA Coordinator.



Saturday, February 5th 7:00pm
Tickets: \$15

In the same tradition as the traveling road shows during the glory days of the Grand Ole Opry, the award-winning Branson on the Road keeps you tapping, laughing and smiling, bringing the fun of a Branson show

directly to you! The classic country, hilarious comedy, bluegrass, rockabilly and hand clappin' gospel make this a show you won't forget!



Saturday, March 19th 7:00 pm
Tickets: \$10

They come from all different walks of life, some doctors, lawyers, students and retirees. On Saturday, March 19th the Winona Hims will tie up their bow ties and raise their voices to raise funds for Neighbors in Action. This all-men's group represents a variety of churches in the Winona area that band together with one purpose in mind; the quality singing of Christian, patriotic and other music, both old and new. Don't miss this concert that will take you on a walk down memory lane.

Proceeds from both shows will benefit Neighbors in Action; helping to continue our mission of serving older and disabled people in the LaCrescent area.

For Tickets:
Call Community Education/Neighbors in Action at
507-895-5150 or
visit our office at 703 S. 11th St.
Tickets for all performances are reserved seating.

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"Do all the good you can and make as little fuss about it as possible."

Charles Dickens

Free Tickets for referring volunteers!

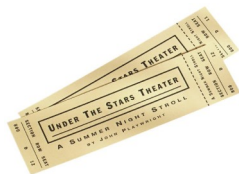
Neighbors in Action needs help recruiting new volunteers to meet the increased demand for services. To encourage current volunteers to refer their friends, Neighbors in Action is offering the following incentive:

Two tickets to either the upcoming Winona Hims concert or the NIA Fall play (TBD) will be awarded to anyone who refers a new volunteer. When the new volunteer completes the necessary paperwork and volunteers at least one time, the referrer will receive the tickets of their choice.

Immediate Needs:

- Volunteer Drivers
- Light Housekeeping/Companionship
- Outdoor Chores (snow shoveling/lawn mowing)
- Assistance with Fundraising/ endowment committee

Contact Sandy Graves at 895-5155 for more information.



Social and Volunteer Recognition Canceled

On Sunday, December 12th Neighbors in Action was scheduled to host the Annual Christmas Open House and Volunteer Recognition. Instead, the entire area was buried under 16 inches of newly fallen snow and the event had to be canceled.



Our Christmas Social has always been a festive time for our clients and volunteers to come together. It was disappointing to cancel but the safety of clients and volunteers necessitated the decision. Although it won't be a Christmas Social, the open house will be rescheduled for sometime in the spring.

What is Palliative Care?

Palliative care is the medical specialty focused on improving the quality of life of people facing serious illness. Emphasis is placed on pain and symptom management, communication and coordinated care. Palliative care is appropriate from the time of diagnosis and can be provided along with curative treatment.

Ensures quality of life

The point of palliative care is to relieve suffering through pain and symptom management, communication and coordination of your care. But it is not a one-size-fits-all approach. Palliative care treats people suffering from serious and chronic illnesses including cancer, cardiac disease like Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD), kid-



ney failure, Alzheimer's, HIV/AIDS and Amyotrophic Lateral Sclerosis (ALS).

Palliative care relieves symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. It helps you gain the strength to carry on with daily life.

It improves your ability to tolerate medical treatments. And it helps you to better understand your choices for care.

Different from hospice

Palliative care is not end-of-life care and is not the same as hospice. Hospice is focused on providing quality care to people in the last months of life who have decided to stop treatments meant to cure them.

Palliative care on the other hand can be provided from the time of diagnosis. You can have palliative care at the same time as curative treatment.

Usually a team of experts, including palliative care doctors, nurses and social workers, provides this care. Chaplains, massage therapists, pharmacists, nutritionists and others may also be part of the palliative care team. Working together with your own doctor, the palliative care team provides:

- Close communication
- Expert management of pain and other symptoms
- Help navigating the healthcare system
- Guidance with difficult and complex treatment choices
- Emotional and spiritual support for you and your family

Changes to Sliding-Fee Scale... No Annual Membership Fees!

In July of 2010 the State of Minnesota mandated Neighbors in Action start charging fees to our clients for the services we provide. At that time NIA developed a sliding fee scale that adjusted the fee for each service based on household income. Since then our advisory council has been evaluating the fees to insure they are fair and reasonable. The council has consulted with staff, volunteers, clients and other service providers and have taken their recommendations into consideration when making changes to the fee structure.



very low; far below market rate from other local transportation providers.

Another change is to the Annual Membership fee. Initially, Neighbors in Action charged a \$40 annual membership fee to those who were in the lowest income bracket in lieu of charging any fees for services. Neighbors in Action will now simply be asking for an annual donation from individuals in the lowest income bracket who receive outdoor chore services, light housekeeping, heavy cleaning, or respite services.

With these considerations in mind, Neighbors in Action has made some minor changes to the sliding fee scale. The biggest change will be to the fees for transportation. Beginning February 1st, there will be a fee for all transportation regardless of income. The fees are still

Below is the new sliding fee scale. Neighbors in Action staff will implement the new fees on February 1, 2011. with the first bills mailed in early March.

Free Tax Help

Free Tax assistance is coming to the LaCrescent Public Library. This volunteer service is intended for Senior Citizens and/or low income families. Tom Sheehan will be preparing taxes for those who have SIMPLE tax prep forms only. **Please contact the LaCrescent Public Library at 895-4047** for questions or to set up an appointment.



Neighbors in Action New Sliding-Fee Scale

Monthly Household Income	Transportation (round-trip)	Outdoor Chores	Light House-keeping	Heavy Cleaning	Respite
0 - \$923/month	\$3/ride	<i>In lieu of fee please make a monthly/annual donation to Neighbors in Action.</i>			
\$924 – \$1375/month	\$5/ride	\$8/hr.	\$6/hr.	\$8/hr.	\$5/hr.
\$1376 - \$2208/month	\$7/ride	\$12/hr.	\$9/hr.	\$11/hr.	\$7/hr.
\$2209/month & over	\$9/ride	\$15/hr.	\$12/hr.	\$15/hr.	\$9/hr.

Payment for Services

Invoices will be mailed monthly for all services. Payment is due 30 days from the invoice date.

Neighbors in Action will accept payment from the Alternative Care or Elderly Waiver or from a qualifying Health or long-term care insurance plan. Please contact the office to discuss these payment options.

***NIA will never refuse service because of inability to pay. Please contact Neighbors in Action at 895-5150 to arrange services, discuss payment options or if you have any questions or concerns regarding the sliding fee scale.**

6th Annual La Crescent Neighbors Day

Saturday, April 16, 2011

Volunteer check-in 8:30 am for teams;
9:00 for individuals and families
High School Cafeteria
Appreciation Lunch at 11:30 am



- ♦ *Are you elderly, disabled, or need some assistance with a task in your yard such as raking leaves?*
- ♦ *Are you an individual, family or organization who would like to volunteer to make this day a success?*

Call Betsy Knowles at 895-8866



This year has been an especially bad winter for snow and ice.

Volunteers who adopt-a-driveway or who drive for appointments and errands have been working overtime to make sure those we serve get the assistance they need.

Please take a moment to say thank you and let them know how much you appreciate their help!

In case I haven't said so recently, I would like to personally say a very sincere THANK YOU to all of our volunteers. Neighbors in Action would not exist without you.

~Sandy Graves, NIA Coordinator



NEIGHBORS IN ACTION

Because your place is at home!

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Phone: 507-895-5150
Fax: 507-895-8560

We're on the web!
www.lacrescentneighbors.org